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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

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PROGRAM Housekeepers' Chat RELEASE Tues. May 3/27.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Aunt Sammy is observing National Child Health Week by emphasizing the importance of the proper nutrition of growing children. All the information, including a menu and two recipes, approved by the U. S. Bureau of Home Economics.

---ooOoo---

"I did a good deed today, Aunt Sammy," remarked Billy, as I helped him to bed last night.

"That was nice," I said. "What did you do?"

"I knocked a tooth out, for Robert."

"Why, Billy! Robert's mother will be over to see me, first thing in the morning!"

"No, she won't," said Billy. "It was a loose tooth, and Robert was going to the dentist anyway, to have it pulled. We were wrestling, and I gave him a hard punch, and his tooth fell out. He was glad, 'cause now he won't have to go to the dentist. Aren't you proud of me, Aunt Sammy, for doing a good deed?"

"Speaking of teeth," said I. "Did you brush yours tonight?"

"Aw, no," said Billy, sleepily, as he climbed out of bed. "I almost wish I hadn't told you about my good deed, Aunt Sammy. Will I have to brush my teeth forever, as long as I live?"

"I hope," said I, "that you'll have teeth to brush, as long as you live."

"So do I," said Billy, as he went to bed for the second time, "but it sure makes me a lot of extra work."

I don't think Billy is really lazy, but he has the average child's dislike for wasting perfectly good time on hands, and face, and hair, and teeth. As I have reminded him, it takes a good many years to build a set of teeth, and brushing is only a small part of it. Weren't you taught, when you were a child, that the proper use of the toothbrush would insure perfect teeth? So was I. Now, children are taught that brushing helps preserve healthy teeth, but it takes proper foods to build them up.

I was also taught something else which is fallacious-- that eating candy and sweet stuff made teeth soft, and, as a result, they decayed easily. Of course, too much sweet food may affect the teeth, indirectly, by dulling the appetite for necessary foods. But as a rule it is not what a child eats, but what he does not eat, that causes most of the tooth trouble.

Teeth become soft, and decay easily, because they do not get the food, and

the exercise, that are needed to make them strong, and hard. And what foods are necessary for good teeth? Most of those I mentioned yesterday--milk and eggs, for instance. Milk and eggs contain a lot of tooth-building material. If children are not fond of milk as a beverage, and eggs as a food, then these foods should be used in combination with others-- in custards, and milk soups, and souffles, omelets, cocoa, and all kinds of milk and egg desserts, as tapioca pudding, blanc mange, and sponge cake. There are dozens of ways of using milk and eggs, in the diet.

Other foods are necessary, too, for good teeth. Along with milk and eggs, children need an abundance of fruits and vegetables, whole-grain cereals, and hard breads. These foods not only contain building material, but they also stimulate the child to exercise his teeth, and that is quite necessary. Good exercise-foods for the teeth are the foods we eat raw-- lettuce, celery, apples, and raw carrot salad.

If I were making a slogan for teeth, it would be this: Good food, good health, good teeth.

There are thousands of mothers in the United States today who do not realize the close connection between proper food, and good health. I know this must be so, because there are so many under-nourished children, of school age, and pre-school age. The undernourished child does not have a fair start, and he is likely to be a most unhappy youngster. If he does not have the proper food, he will be handicapped, physically and mentally. Of course, he may outgrow some of the visible signs of mal-nutrition, but there are others, not so obvious, which will remain. His resistance is likely to be lowered, and he will "catch" diseases easily.

I know a man in this city, who has suffered much because of his parents' ignorance of nutrition. This man is bow-legged-- almost deformed. No, he didn't learn to walk too early. He simply did not have the kind of food that makes straight legs.

It takes such minerals as calcium, and phosphorous, to make stright limbs, as well as strong teeth. And these minerals are found in milk and eggs, and fruits and vegetables. Vegetables differ considerably in the amount of minerals they contain, but use all kinds, especially the leafy ones, such as spinach, Swiss chard, dandelion greens, and cabbage, in addition to the root and tuber kinds. Then you may be sure your children are getting the minerals they need, from vegetables. Whole-grain cereals, such as oatmeal, and graham bread, are also important sources of minerals.

If you are interested in the subject of child nutrition, and if you are afraid your children are not getting the foods they should have, I wish you'd write to me. The Bureau of Home Economics has published some very good information on the subject of child nutrition. I'm sure it will be helpful to you.

Now, lest you think I've forgotten all about it, I'm going to broadcast a lunch or supper menu, which will be especially good for children, and also good for the grown-ups. Ready with your pencils? Here's the menu: Turnip or carrot custard; buttered asparagus; raisin bread; and cocoa.

I'll give you two recipes, one for the custard, and one for the raisin bread.

Turnip or carrot custard, first-- six ingredients:

1 cup grated raw turnip or mashed cooked turnip
2 eggs
1 pint milk
1/2 teaspoon salt
2 tablespoons melted butter, and a
Few drops of tabasco

Six ingredients-- I'll read them again: (Repeat)

Beat the eggs lightly. Add the salt, the turnip, the milk, and the tabasco. Stir in the melted butter, and bake in a moderate oven, in a pan surrounded by water, until the custard is set in the center. Serve at once. Carrots may be used in the same way as turnip.

The next recipe is for quick raisin bread-- it's might good. Eight ingredients, for quick raisin bread:

3-1/2 cups flour
1 teaspoon salt
4 teaspoons baking powder
1/2 teaspoon cinnamon
4 tablespoons butter, melted
4 tablespoons sugar
1-1/2 cups raisins, chopped, and
2 eggs

I'll repeat the ingredients -- eight of them: (Repeat)

Sift the salt, cinnamon, flour, and baking powder together. Beat the eggs, and add the milk and sugar. Combine the liquid, and the dry ingredients. Stir in the raisins, until well mixed. Place the bread in a greased pan, and let it stand for ten minutes. Bake at a moderate temperature (about 350° F.) for about 45 minutes.

Let's repeat the menu now: Turnip or Carrot Custard; Buttered Asparagus; Raisin Bread; and Cocoa.

By the way, there are enough radio cookbooks on hand now, to last for two or three weeks, at least. Please send immediately, if you want a copy of the book this month. If you wait too long, the present supply will be gone, and your book won't come till summer time.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

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Housekeepers' Chat Mon. May 2/27.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Aunt Sammy will observe National Child Health Week by devoting five programs to children. She will discuss food habits of children, and meals for children. One program will include suggestions for making children's clothing. All information, including the recipe, approved by the U. S. Bureau of Home Economics.

---ooOoo---

I am basing today's Chat on a letter received last week-- a letter from a mother who seeks advice on the subject of food for children. Her letter follows:

"Dear Aunt Sammy: I am greatly interested in your talks on food, and I should like some help on my own problem. I have three children: Helen, a thirteen-year-old daughter who presents all the problems of adolescence; Robert, an eight-year-old, who eats practically everything that is set before him; and Jean, two years old, who eats when the spirit moves her. Take this morning for instance. Helen had no appetite; Robert bolted his food, and had to be reprimanded; the baby put her heels on the table, and grinned pleasantly at everybody, evidently expecting applause for her act. She had no interest in breakfast, as far as food was concerned, but she was quite willing to amuse the rest of us.

"I pride myself on being a modern mother, and I know what foods must be included in a child's diet. If my family were only a model one, and would fit into my neat scheme, I would have no trouble. Briefly, my problem is this: With a temperamental family, including adults and children; and a limited income, how can I be sure of feeding my family well, without making special preparation for each and every member of it? I know other mothers who are confronted with this same problem, and I am sure we would appreciate help."

Very well, I shall do my best, even though it may take the entire period to find the answer. First, let's write down the list of foods the growing child needs, every day, so we'll have something to work with. I'll tell you, now, that today's Chat contains some of the best information I could find, and you will need your pencils every few minutes.

The list of foods the growing child needs every day are these:

First, Milk-- one pint a day, at the very least. More, if the child can take it along with the other foods he needs.

Second, Vegetables-- Potatoes, and two other vegetables. Don't forget to use green leaf vegetables, and tomatoes, often.

Third, Fruit-- two kinds of fruit, one fresh, and, if need be, the other dried, or canned.

Fourth, Cereal-- This may be in the form of bread, or of breakfast food.

Fifth, Egg or Meat, or Fish, at one meal of the day.

Sixth, Butter, at every meal. Don't forget that, please. A growing child needs butter, at every meal.

Seventh, A few simple sweets, to be served at the end of the meal, so they won't dull the appetite. Among the appropriate sweets for children are plain cookies, raisins, dates, or figs, jelly, molasses, brown sugar, maple sirup, and honey.

In order to answer the question stated in the letter I read to you, I have outlined three meals. They are safe, because they contain all the nourishing foods needed by growing children, as well as by hard-working grown-ups. Let's take the first menu, breakfast. Write it down, please: Scrambled eggs; toast; prunes, with lemon juice to make them tart; milk for the children; and whatever beverage father and mother prefer.

Don't think this is the only well-planned breakfast I might suggest. By no means. This breakfast, as well as the other meals I've planned, could be modified in probably a million ways, and still be well-balanced. For instance, I might have suggested oranges, or grapefruit, for breakfast, instead of prunes, but I had a special reason for suggesting prunes. You'll know, in a minute.

By the way, this is a one-course breakfast. This means putting all the foods on the table at one time, and letting the various members of the family eat them as they will. Don't take me too seriously, however, you can make a three-course breakfast of it, if you like.

Scrambled eggs and toast form the main breakfast dish. It might have been hash, or creamed fish, or any of the other good American breakfast dishes. Remember, however, that it is a good rule to provide one egg a day, for each child, and since father and mother usually eat their eggs for breakfast, the children might as well do likewise. With the eggs and toast, there is served a side dish, of fruit. Almost any fruit can be used as a side dish, if prepared in a form that can be served that way. Orange juice in dainty glasses makes a good side dish. So do sliced oranges, or grapefuit peeled from the skin, or applesauce, or baked apples, or berries.

As a beverage, the three children have milk. Breakfast is a good time to serve part of the daily allowance of milk.

I chose the prunes for breakfast so I could recommend the use of fresh, unheated, lemon juice with them. After the prunes are cooked, or better still, just before you serve them, squeeze some lemon juice on them. When lemon juice is added to dried fruit, the dried fruit has more nearly the dietetic value of fresh fruit. Prunes with lemon juice also have a tart, pleasant flavor, which contrasts strongly with that of eggs,

I can almost hear some one asking a question about this breakfast: Why didn't Aunt Sammy include a cereal? The answer is, I did. Toast is cereal,

made into bread. Rolls, muffins, crackers, and so forth, are cereal foods. Many people think that there is some peculiar virtue found in cereal breakfast foods, which is not found in the same amount, and same kind, of cereal made into bread. If the daily diet, as a whole, is well-chosen, and if there are plenty of meat, eggs, milk, vegetables, and fruits in the diet, it is all right to use about half, of the daily cereal supply, in the form of refined products, such as white bread, and white rice. The other half of the daily cereal supply, may be used in the form of whole-grain products, such as graham bread, shredded wheat, or the whole grains of barley or wheat, often used in soup.

The whole-grain products, or as nearly whole-grain as can be obtained, are necessary for their mineral substances, particularly iron. Of course, milk is a rich source of calcium. Therefore, if a child has a glass of milk for breakfast, bread serves all the purposes of a cooked cereal. Or the milk can easily be taken at other meals, in the form of soups, sauces, or desserts.

Another point about cereals--potatoes and whole grain cereals are surprisingly similar in composition. If there is plenty of milk in the diet, potatoes are just as good as a whole-grain cereal mush.

Let's consider luncheon next. If you have your dinner in the middle of the day, this luncheon menu would do equally well for supper. Young children should have their heartiest meal in the middle of the day. You can manage this, however, without cooking special dishes for them, if you just plan ahead. How does this sound for a luncheon or supper menu? Vegetable-milk soup in generous quantities; whole wheat bread and butter; and apple sauce, or a sweet spread such as honey-butter, for the bread at the end of the meal. That's all, and that's sufficient.

The vegetable-milk soup may be made from vegetables left over from dinner of the previous day. Or in a minute I'll give you my recipe for quick spinach soup. It's green enough to please St. Patrick himself. If eaten with plenty of whole-wheat bread and butter, this is almost a meal in itself. With a serving of apple sauce, or a baked apple, for each person, and a sweet spread for the last slice of bread, no special dessert is needed. Children like honey-butter, a mixture of butter and strained honey. Or a sprinkling of brown sugar, or maple sugar, over plain bread and butter, would be eaten with equal relish.

If you are using this as a luncheon menu, add some cold sliced or chopped meat, left over from dinner the day before, for two-year-old Jean. You can plan, too, to have enough potato to warm up for her. This will make her heartiest meal come at noon.

The dinner menu I have chosen includes roast lamb with mint sauce, baked or boiled potatoes; cream sauce; peas, cooked in a small amount of water and served with butter only; a deep, one-crust apple pie; bread and butter; and milk if desired.

For dinner, a good general rule is to serve with the meat, poultry or fish, one creamed vegetable, as a bland one, that goes well with gravy, and one buttered vegetable. Dessert may be either a fruit pie, or a fruit shortcake, or cookies and fruit.

Even the youngest child can have a good meal from this dinner menu. For dinner in the middle of the day Jean might have some of the potatoes with a little gravy, if it is not greasy; buttered peas; a little of the cooked apple from a deep apple pie; with perhaps a glass of milk; and some bread and butter. For an evening meal, Jean will probably feel more comfortable, and sleep better, if she has just the cooked apple, milk, and bread and butter.

Here is something I want you to remember: According to modern theories of dietetics, children suffer more from not getting the foods they need--milk, vegetables, and fruits--than from eating indigestible things. So, and here's the answer to the question stated sometime ago, it may be better for the average child to eat at the family table, where there is a variety of wholesome foods, than to be given separate meals. I am taking for granted, of course, that the other members of the family eat what is good for them--in other words, that they eat to live, instead of living to eat.

The question is answered, but I feel there is a great deal I have left unsaid. If you have questions about what to feed young children, please write to me, when you write for the free radio cookbook.

I had almost forgotten the recipe for Cream of Spinach Soup. That will never do. Pencils please, while I read the recipe. Five ingredients, as follows:

1 quart milk
2 tablespoons butter
2 tablespoons flour
1 cup raw ground spinach
1 teaspoon salt

Let's check the five ingredients, please: (Repeat ingredients.)

Place the milk in a double boiler, with the salt. Wash the spinach well. Chop or grind it; if ground, place a bowl to catch the liquid which runs from the grinder, and add to the spinach. Mix the flour and butter, until well blended and add to the milk, with the ground spinach. Stir until thickened, and the spinach is cooked. This takes about ten minutes.

And that's all, until tomorrow.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Wed. May 4.

NOT FOR PUBLICATION

ANNOUNCEMENT: Children's clothing, and its relation to health, is the topic for discussion today. Information from the U.S.Bureau of Home Economics.

---ooOoo---

The other morning, before I washed the breakfast dishes, I called on my Next-Door Neighbor.

"Come in," she called, when I knocked at the kitchen door. "I'm in a sorrowful mood, so don't expect any inspiration from me, Aunt Sammy."

"What's the trouble?" I asked sympathetically, "and why are you sitting alone at the breakfast table, at this late hour?"

"I'm registering complete dejection," said my Neighbor, hopelessly, "and it's all on account of my brother's wife, Isabel. I wish she were in Halifax! Isabel and my brother have been called away, unexpectedly and I am invited to take care of their two children, for three months. For three months, Aunt Sammy, and I never took care of a child in my life! I know they'll fall downstairs, or get run over by a street car."

"Don't be foolish," I said. "You'll enjoy your summer all the more, having two children around. How old are they?"

"Betty's just a baby, and Bobby's three or four," said my Neighbor. "I love the children, and I will enjoy cooking for them and playing with them, and all that, but -- read that last paragraph in Isabel's letter, Aunt Sammy!"

I read the last paragraph in the letter, which stated that since Isabel hadn't had time to do any sewing for the children, she would be glad to have my Next-Door Neighbor select their summer wardrobes.

"Nothing wrong with that," I observed. "Children's clothes are very easy to select, and to make. I saw some of the prettiest prints the other day-- made me want to start right in and sew."

"But you can sew," objected my Neighbor, "and I never made a child's dress in my life. What are the latest notes in children's clothing, Aunt Sammy?"

"Simplicity and comfort, I'm glad to say. During the last ten years, scientists have been finding a great many facts about the effect of sunlight on children. You remember what I told you, about the ultra-violet rays of the sun which help prevent rickets. These rays do not shine through ordinary window glass, or through heavy clothing-- therefore, clothing should be made so that the children can get the full benefit of the sunshine."

R-H.C. 5/3/27

"Some mothers don't know that," observed my Neighbor, "or surely they wouldn't dress their small boys in long pants, and heavy vests, and coats. The poor youngsters look so uncomfortable-- dressed just like grown-ups, with tight collars on their shirts, and elastic bands around their necks. Aunt Sammy, I wish you'd give me a brief lecture on children's clothing, so I'll know where to start in, when Betty and Bobby arrive. What are the fashions now, for children?"

"Look here," I said earnestly, "please don't follow fashion, in clothing the children. Use good judgment. Clothes have a much more important purpose, than just to make a child look pretty. They have a great deal to do with the habits a child forms during his early years, and the mental effect of these habits clings after he grows up. Dress the children in such simple, comfortable clothing, that they are unconscious of what they are wearing. Of course, choose colors and designs that are becoming. For the hot summer weather, choose material which is soft and thin, allowing free circulation of air, and rapid evaporation. Materials for underclothing worn next to the skin should absorb moisture readily, and be porous enough to allow constant movement of air through them."

"That sounds like good information," interrupted my Friend, "but it won't help a lot when I begin making pajamas, and rompers, and suits, for 3-year-old Bobby. Can't you be a little more definite, Aunt Sammy?"

"I can if necessary. Suppose you are making pajamas, rompers, and suits for Bobby. Be sure to make them long enough, through the crotch. It will be better to let Bobby grow into a large garment, taken up with tucks, than to let him wear a tight one. You must be careful about one thing-- irritation, caused by a tight crotch, may bring about bad habits.

"Consider the openings to the children's clothing carefully. Make them simple, so the children can dress themselves. This menas of course that children's garments should open down the front. Buttons are always better than hooks and eyes. Large buttons, at least 3/4 of an inch in diameter, are the best. Children are fond of pretty colored buttons, like those we saw at the ten-cent store Saturday. If buttonholes are too difficult to make, buy a buttonhole attachment for your sewing machine. Then you can make half a dozen buttonholes, in five minutes."

"I have a buttonhole attachement," said my Neighbor. "Think I'll make Bobby a sailor suit. I saw a clever one recently, which had fifteen buttons I could make the buttonholes easily, on the machine."

"Watch out! I warned her, "Don't be too enthusiastic, about making buttonholes. Remember Bobby is only three years old, and you may have to button and unbutton that sailor suit a good many times, during the day. Better choose something more simple. Sailor suits, besides being a bother to button and unbutton, on a small child, have a dickie and a large collar which are bothersome and hot, as well as hard to launder. Bobby will be uncomfortable enough, when he grows up and has to struggle with stiff collars and collar buttons. Let him have comfort while he may."

"You're right," agreed my Neighbor. "What about the sunshine you said every child must have?"

"Ultra-violet rays," I explained, "Let them shine directly on bare arms, legs, and necks, in the summer time. Better than medicine, and lots cheaper. Even if a child has a sun bath every day, in which clothes are eliminated entirely, he should wear short, sleeveless, low-necked garments for the rest of the day. The material selected for sun garments should be a light-weight, white or light-colored, cotton or rayon material.

"And let me give you another suggestion. If you make underwaists for children, avoid narrow straps that fall out over the points of the shoulder. Narrow straps tend to drag downward, resulting in poor posture. Have the shoulder straps at least two inches wide, fitting closely to the neck. This equalizes the weight over the entire shoulder. And if you make bloomers, use belts and bands, rather than elastic. Tight elastic bands are very bad for children. Is that enough information about clothes?"

"Perhaps so," said my neighbor, dubiously, "although I may need more help, when I begin sewing. I forgot about shoes, and hats. Suppose I'll have to buy such things, for the youngsters."

"Probably you will," I said, "especially shoes. Be careful when you buy shoes. A child's foot is a delicate piece of mechanism, and if allowed to get out of order early in life, the difficulty can never be corrected. First shoes should be generous in size, long enough, and wide enough, with a straight inside line. The first shoes should not have a heel -- only a thickening of the sole. As for high heels, I hate to see them on a child. Sometimes a 12- or 14-year-old girl, who wants to imitate an older sister, will beg for high French heels. She is fortunate if she has a wise mother who can make her understand that she is in a period of serious internal adjustment, and that high heels will throw her body entirely out of the correct posture.

"Sometimes babies just learning to walk are dressed in soft-soled moccasins. This is a big mistake. A tender little foot, never having borne weight, curls up inside such a shoe, and does not give the right support. The child needs shoes which are moderately stiff-soled, flat, somewhat larger than his foot. Such shoes form a more or less substantial platform, for the child to stand on. Laced shoes are better than buttoned ones, because the laced shoes fit up about the instep, and give a little additional support to the ankle.

"As for hats, they are often an unnecessary nuisance to small children. However, in summer the child who plays in strong sunlight needs the protection of a hat with a wide enough brim to shade his eyes, as well as to keep him from getting overheated. Bad cases of 'squinting' may result from going bareheaded too much, under a glaring sun."

"Then Betty and Bobby shall wear hats, when they play in strong sunlight," declared my Neighbor. "If you have any other bits of information, Aunt Sammy, please pass them along. I will need a great deal of assistance this summer. I never took care of a child in my life! How can I be expected to know what to do with two of them!"

"You'll learn," I said. "You'll learn, a great many things."

With which consoling advice, I left my Next-Door Neighbor to her breakfast dishes, and her thoughts.

Tomorrow I shall talk about the food habits of children, and give you a menu.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Thurs. May 5.

NOT FOR PUBLICATION

ANNOUNCEMENT: Today's Chat concerns food habits of children, and the importance of forming good food habits early in life. Information approved by the U.S. Bureau of Home Economics.

---ooOoo---

This morning Uncle Ebenezer and I had a friendly discussion. I told Uncle Ebenezer -- what I'd been wanting to tell him for a long time -- that it would be a relatively simple matter to bring up children, in the way they should go, if it weren't for the senior members of one's family.

"I'm in for a lecture now," said Uncle Ebenezer, resignedly. "What have I done, Aunt Sammy? Let's get it over, so I can add another chapter to my novel. I must rescue my temperamental hero, before he catches cold. I left him standing in the rain, without an umbrella, singing sweet nothings beneath the window of his lady-love."

"Better rescue the lady-love," I suggested. "Before you return to your novel, however, I must remind you of something."

"'Man is nature's sole mistake,'" quoted Uncle Ebenezer. "Are you going to remind me of that, Aunt Sammy?"

"Please!" I insisted. "Be serious! This is a very serious matter. It concerns Billy."

"I'm serious," said Uncle Ebenezer, and I knew he was.

"Last night," said I, "at the dinner table, when you were serving, you turned to me and said, 'Aunt Sammy, I've forgotten whether Billy likes stewed tomatoes or not. That's what you said, Uncle Ebenezer! And that was the first time it ever occurred to Billy to dislike stewed tomatoes! He said he didn't want any tomatoes. And the reason was-- you put the negative idea into his head."

"Guilty," acknowledged Uncle Ebenezer, looking very much down-hearted.

"Billy has naturally formed the habit of eating nearly everything that is good f for him," said I, "and I don't want you, or anybody else in the family, to prejudice him against certain foods. Why, he needs tomatoes, and all the other vegetables."

"I know it," said Uncle Ebenezer, a worried look on his almost-handsome face. "What's next, Aunt Sammy?"

"I'm coming to it. Now Billy has very good food habits, for a six-year-old. But he won't keep them, unless all of us set him a good example. Children are natural imitators. And you know very well, Uncle Ebenezer, that sometimes you set him a very poor example. For instance, this morning, you said that when you were a child you were so 'queer' that you wouldn't drink milk, or eat eggs. I actually believe you are proud of the fact! And I noticed that Billy listened intently to every word. As a matter of fact, Uncle Ebenezer, if your mother had made you drink milk, and eat eggs, you might not have had such an enormous dentist bill last year."

"Perhaps you're right," said Uncle Ebenezer, "I wasn't thinking of Billy, when I told that story this morning. After this I'll spell the words that I don't want him to catch."

"No, sir!" I objected. "Don't you dare! Billy is bright enough to suspect you, if you begin spelling words. Besides, he can spell a good many words himself. Don't try to fool him. Just set him a good example."

"I'll do my best," sighed Uncle Ebenezer, looking like a schoolboy standing in the corner. "Now can I go, and finish my chapter?"

"Not yet. There's one more count against you. As I said before, Billy has good food habits, established through careful training. We are all hearty eaters, and as a rule, we set him a good example. So far, so good. Besides imitation, there is another effective aid we can use, in helping Billy to keep his good food habits. This aid is suggestion. But you overdo it. For instance, Billy is not particularly fond of spinach, but he eats it, because I have suggested, without too much emphasis, that spinach is a necessary part of his diet. But you carry the idea of suggestion too far. Nearly every time you serve spinach, you tell Billy that spinach is worth its weight in gold, and that all big, strong men eat spinach. Then you serve Billy a good-sized portion of spinach, while you hardly taste it! Suggestion must be supplemented by example, Uncle Ebenezer, or it will not be effective, indefinitely."

"I guess you're right again," agreed Uncle Ebenezer, dolefully. "The last time I told Billy that spinach would make him a big, strong man, like Samson, he grinned at me, and said: 'Applesauce!'"

"Not a bad answer," said I. "Suggestion, the positive kind, is very helpful, but it must be used in a subtle, and in a clever way, by people who understand children. Otherwise they may get balky. Children aren't so different from us. You know how you'd hate to have some one continually suggesting that you eat this, or do that. You'd rebel, and want to do the opposite. Children get like that too, sometimes, and then we think they're obstinate, or contrary-minded, when they are only showing the makings of strong-willed, determined men.

"And speaking of strong wills, Uncle Ebenezer-- Billy has one, and we want to guide his use of it, rather than break it. If we oppose and discipline him too far, one of two things will likely happen. He may become docile under severe discipline, and develop into a willy-nilly, never able to make up his own mind. Or, if he is strong-minded enough, he may develop into a little rebel, set against everybody."

"Whew! exclaimed Uncle Ebenezer. "You certainly do take this subject seriously, Aunt Sammy!"

"It's a serious subject, and I'm trying to make you realize it. There's one more matter I must mention, in connection with Billy and his food habits. Do you notice how easily he loses his appetite, if he is scolded at the table, or becomes excited? A calm mind is necessary for good digestion. Any great emotion--grief, or anger, or worry, or excitement-- either puts a stop to the process of digestion, or interferes with its action. Sometimes a great emotional strain will make one lose the sense of appetite altogether, and the taking of food is apt to be followed by discomfort, or pain, or vomiting. Meal-time should be a period of rest, and peace, and relaxation. The dinner-table should be made as pretty as possible, with flowers, sparkling glass, and dainty china, gleaming silver, immaculate linen. -- "

"Hold on, hold on, Aunt Sammy," interrupted Uncle Ebenezer. "Please finish my lecture, before you branch out into interior decorating. Are you going to reprimand me further?"

"Yes, I'm coming to it. Last night, at the dinner table, you and Fred discussed the latest murder sensation, and you didn't omit a single lurid detail. Every time I attempted to change the subject, you'd come back to the murder. Billy was so upset he couldn't finish his meal, and he was afraid to go upstairs to bed. That's why I had to leave the light on in the hall, last night. He was still awake, when I went upstairs. When I asked him why he had the covers pulled over his eyes, he said there was a shadow in the corner that looked just like a man with a gun."

"Pook kid," said Uncle Ebenezer. "I wasn't thinking about Billy, when I discussed the murder."

"That's just the point! I told you that rearing children wouldn't be so complicated, if the grown-up members in the family were a little more careful, and-- and-- "

"I know what you mean," said Uncle Ebenezer, "you mean that you wouldn't have so much trouble with Billy, if Fred and I would exercise common horse sense. Well, well, Aunt Sammy, I'll turn over a new leaf, and be such a model Uncle Ebenezer that you will exhibit me with pride, as the only grown-up in the land who thoroughly understands children. Now can I go and rescue my hero, from the drenching downpour?"

"Yes," said I. "And if the hero is soaked to the skin, perhaps the heroine will take pity on him, and marry him in the last chapter. Then their troubles will be at an end, forever."

"Will they, really?" queried Uncle Ebenezer. "How inconsistent you are, Aunt Sammy!"

"I don't want to prejudice you against Uncle Ebenezer. His intentions are of the best, always, but he has to be taken to task once in a while. You understand, if there's an Uncle Ebenezer in your family.

Now, before we close, let's have a lunch or supper menu: Spinach with poached eggs; fried potatoes; and hot biscuits with jam or honey. I made that one simple, on purpose, because I knew there wouldn't be much time to talk about recipes. You know how to prepare spinach with poached eggs-- make nests, of quickly-cooked, chopped, buttered spinach, and place a poached egg in each nest. You might add a "rasher" or two of crisp bacon, if you like.

And don't forget to send for your copy of the Radio cookbook, if you haven't already done so. It's free, to all listeners of Station_____.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

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PROGRAM Housekeepers' Chat RELEASE Fri. May 6/27.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: This is the last of the five programs prepared for Child Health week. A children's party and a number of menus are included today. Approved by U. S. Bureau of Home Economics.

---ooOoo---

Every once in a while a radio friend writes me a letter which fits exactly into my program plans. For instance, while I was preparing programs for Children's Health Week, it occurred to me that a party for children should be included, after the practical information was taken care of. I was still pondering over the idea of a children's party, when a mother in South Portland, Maine, sent me an account of a birthday party, she had given for her little girl.

"Just what I want," I thought to myself. "Why should I plan a children's party, when here's an honest-to-goodness one, with ice-cream, and everything."

Please note the menu, particularly, when I read the letter. The menu is well-chosen, and comprises just the right combination of foods to please a child, and leave no painful after-effects. I should like to know the mother who gave this party. She writes a most interesting letter. Here it is, exactly as it was written to me:

"Dear Aunt Sammy: Thanks for the Radio Cookbook received today. Just another word of appreciation.

"I tried the Washington Pie recipe, which you broadcast the other day. The occasion was my little girl's birthday. I used the regulation round birthday tin, also a star shaped jelly mold, decorating each to correspond with our general color scheme, yellow and green. The children's 'Daddy' was the only 'invited guest', and this was our party:

"When the children came downstairs, from their afternoon naps, they found the dining room dressed in yellow crepe paper. The table was set with little yellow baskets at each plate, filled with novelty candies, valentine hearts, and a yellow candy boat. There was a St. Patrick's hat of green on top of each basket. The Birthday Cake was in the center of the table. Our menu was as follows: Lamb chops; mashed potatoes; green peas and carrots; whole wheat bread and butter; vanilla ice cream; and cake.

"The vegetables were arranged in one dish, the peas in the center, with a piece of butter on top, potatoes encircling the peas, and a border of bright yellow carrots.

"After dinner we made caps, from our paper napkins. Then, the mystery of the Christmas tinsel, hanging all around the rooms, was revealed. Each child had a piece of tinsel to follow, and on the end found a little surprise package. We played one game, and they were happy to call it a real party. The cake

had been divided, and distributed to their own special friends.

"I trust I have not consumed too much of your time, with this detailed description. It occurred to me that the problem of entertaining youngsters at little expense might be a common one to mothers in our land. This little affair was truly a great success. As your own recipe was one of the chief factors, I felt I must tell you about it.

"This party meant a certain amount of extra work, but there was not the anxiety felt about having it at the specified time for a number of invited guests. It required little more time and thought than an ordinary dinner.

"The tinsel idea originated when I found there wasn't twine enough in the house to make the spider's web. It proved a 'thriller'.

That concludes the letter, and I wish I'd receive a dozen like it, every week.

You can tell, just from hearing this letter read, that the party was a lovely one, which the children will talk about, time and again, as they grow older. And I believe I know why this party was a success: It was planned for the children, not for the grown-ups, although Mother and Dad probably had as much fun as anybody else.

Now let me read you an article from a magazine published for parents. The article is called "Whose Party Is It?"

"When parents give a party, do they plan it for their own pleasure, or for the children's?

"Elaborate, overstaged parties, only serve to stun, and bewilder, our children. They are keyed to our dull grown-up emotions, not to their young, fresh, eager minds, and active bodies.

"To allow space, and opportunity, for spontaneous expressions of energy and imagination, is our cue, as hosts to the young. We should keep ourselves in the background, and not embarrass the proceedings by hovering over them too closely, and perhaps interjecting the 'don'ts' that bring a party down to everyday life, with a thud.

"A party which means fine clothes that must not be mussed, and much self-consciousness, and stilted manner, is no party at all; it's a lesson in conventional society etiquette.

"As a matter of fact, ice cream IS a party, anywhere, any time, that two or three youngsters are gathered together! Given a chance to run and play, shout and sing, hunt and find, dance and march to music, the anticipation is heightened. But the ice cream is the thing!

"In none of the serious moments of life, is it more necessary to put yourself in the child's place, than when giving a child's party."

And that concludes the article.

R-H. C. 5/6/27

Some one asked me, last month, what kind of "refreshments" I would advise for a children's party. One danger connected with such an occasion is over-eating. This danger can be lessened, however, if the refreshments are served at such a time as to take the place of one of the regular meals of the day. The same care should be taken in selecting foods, as in the case of the ordinary meals. Do not serve hard, tough, rich, or highly-seasoned foods. A good bill-of-fare for a party includes cocoa or some other milk drink; fruit; sandwiches; ice cream or a gelatin dessert; plain, frosted cake; and simple candies. In general, it is well to divert the attention of the children, as far as possible, from the foods themselves, by making the table attractive, and by serving simple foods in unusual ways and forms.

I learned something the other day which may interest you, if you have ever taken a child to a hotel, or a tea-room. What to order is usually a problem, and if the child is hungry, and fussy, you are apt to make an order in haste, and repent when it's brought to the table. I know of one hotel which makes a specialty of children's menus. The last time I stopped at this hotel I asked for a copy of the Children's Menu card, so that I might tell you about it. Six menus are printed on this card -- an attractive one, by the way, with a clever sketch at the top, picturing two chubby youngsters, drinking their milk and eating their porridge.

The menus were planned by a nutrition specialist; consequently, the father or mother who does the ordering may be sure the meal is a well-balanced one. Or, better still, if the child is old enough, he can do his own ordering. That would delight any child, who plays at being grown-up.

Write these menus down, if you like, while I read them. First, the breakfasts. (Read slowly, or repeat.)

Breakfast Number I includes orange juice, prepared breakfast food with milk; scrambled egg; graham toast; and cocoa.

Breakfast Number II: Applesauce; oatmeal and milk; poached egg; whole wheat bread and butter; and milk to drink.

Now the dinners. The dinners, by the way, are served in the middle of the day. A simple supper is served at night. Dinner Number I: Scraped beef patty; baked potato; string beans; stewed tomatoes; graham bread and butter; and prune whip.

Dinner Number II: Breast of chicken; mashed potato; spinach; carrots; bread and butter; baked custard.

Next, the suppers. Supper Number I: Cream of celery soup; whole wheat bread and butter; baked apple; and milk.

Supper Number II: Cream of tomato soup; graham bread and butter; rice custard with raisins; and cocoa.

That's all of the menus. While you have your pencils, though, I'll give

you a recipe, which was developed especially for children. It's a dessert, Baked Caramel Custard. Six ingredients, for this Baked Caramel Custard:

1 quart milk
5 eggs
1/2 cup sugar
1/2 teaspoon vanilla
4 tablespoons caramel sirup
1/4 teaspoon salt

Six ingredients.. Check them please: (Repeat)

Heat the milk slightly with the sugar, salt, and caramel. Be sure the caramel is entirely dissolved, before this mixture is poured into the lightly beaten eggs. Add the vanilla. Pour the mixture into custard cups, and add a small piece of butter to each. Bake in a pan surrounded by water, in a moderate oven. Test, by placing the point of a knife in the center of the custard. If the knife comes out clean, remove the cups of custard at once, from the hot water. The custards may be served either hot or cold, with caramel sirup, if more of the caramel flavor is desired.

This concludes the Children's Health Week programs. However, there is so much more to be said on the subject of health for children, that I shall probably mention it very often, before I'm through broadcasting the "Housekeepers' Chats" for this year.

There is a great deal of good information about food for children, in the bulletins published by the U. S. Bureau of Home Economics. Most of this material is free, and I shall be glad to send you the information on request.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Mon. May 9/27.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: As soon as Aunt Sammy answers a number of questions, on a number of things, she will broadcast a recipe for cream puffs. Information and recipe approved by the U. S. Bureau of Home Economics.

---ooOoo---

We're coming back to questions and answers today. Not literary questions, like those propounded by "Ask Me Another" people, to inform the mind, but interesting questions about what to wear, and what to cook.

Before I answer the questions, I'll read a verse by Bess Foster Smith, of Weiser, Idaho, called "Flowers for the Home."

I want a checkered tablecloth
Upon the kitchen table,
A scarlet rose geranium
Within the window gable.

I want a rug, made out of rags,
Spread on the kitchen floor.
A motto card, "God Bless Our Home",
To hang above the door.

Ah! If my home could but reflect
Things Grandma had of yore,
It might bring back your love for me,
And mine for home, once more.

Do you like that verse? It's the checkered tablecloth that appeals to me, and the scarlet rose geranium, and the rag rug on the kitchen floor. There should be a jar of sugar cookies in the pantry, and a yellow canary, singing in a sunny window.

In the corner, near the cookstove, is Grandma's rocker, with its patchwork cushion, and lace tidy. Grandma is out in the garden, picking flowers, and Grandpa is in the kitchen, hunting for something. Grandpa's always hunting for something. Pretty soon he'll call Grandma, and she'll come in, spread a newspaper carefully on the kitchen table, put her flowers on the paper, and then she'll help Grandpa find his "specs", so he can read the weekly Gazette.

Grandpa reads the Brush Creek Items first, because he and Grandma have lived in the Brush Creek neighborhood for almost 40 years, and they know everybody for miles around.

"Lissen to this, Mother," says Grandpa, "Jim Smith's folks have a new touring car."

"Second hand," says Grandma, calmly, "I knew they were thinking of buying one."

"Well, well!" says Grandpa, reading on, "Charley Jones and his wife are the proud parents of a bouncing baby boy, born on Saturday! Hear that, mother?"

"Yes," says Grandma calmly. "Susie told me about it Sunday, at church."

Grandpa looks crestfallen, and reads aloud no more. Seems as if Grandma always knows the news before it's printed.

But dear me, we can't spend any more time on Grandpa and Grandma, with all these questions to be answered. All the same, I sometimes wish that we could keep the spirit of Grandma's kitchen, along with our electric stoves, and vacuum cleaners, and automatic dish washers.

The first question is: "Are plaids going to be worn this summer?"

They are. Plaids are coming back this season. Many cotton manufacturers are making the old-fashioned type of plaids of Scotch and Tartan origin. Good news, to the women who want a dress fabric which looks well and wears well.

These plaids are made like the standard ginghams. The yarn is dyed before it is woven, or the raw cotton is dyed before it is spun. This is one of the best ways of insuring fast colors, and the plain weave used is one of the most durable.

There are other pretty patterns in ginghams, besides plaids. Broken checks, or imitation cross-stitch designs, are good. Some of the ginghams have spots or figures, with embroidery-like effects. Many of these are very beautiful, and will wear well, if the unbound yarns are not too long, and the spots and figures are well woven into the body of the fabric. For the most part, the check designs are small. In some patterns, the designs are made by means of stripes, crossed to form the checks. With a soft tone background, these small checks are truly artistic, and becoming to almost any type.

Second question: "I want to make myself and my daughters a number of cotton dresses this month, but before I buy, I want to know if there is any practical way of telling whether a fabric will wash. We live in a hot climate, and sunshine and soapsuds must be considered when we buy our summer dresses."

There is one sure way, to tell whether a fabric will wash. That is, take a sample home, and wash it, under real laundering conditions. You can learn other things about cotton fabrics, by washing a sample. Do the yarns slip out of place when the fabric is washed? They may, if the weave is too loose. Is the beauty of the fabric entirely due to the glossy finish, and is this glossy finish removed by washing? You'll be sorry, if you buy such material. Are the spots or figures put in by means of very short threads? If so, they may pull out, in the tub. And don't buy a material which has spots made of paste. They'll come off, when they're washed.

There are so many good cotton fabrics available this spring that it should be an easy matter to choose any number of summer dresses. Buy a firm piece, well constructed in every detail, and your cotton dress will wash well and wear well.

Third question: "Please tell me how to remove grease spots from a silk dress."

I've sent you the bulletin, on "Stain Removal," which will answer your question more fully than I can do it. The bulletin is free, and I'll be glad to send it to any one who wants to remove spots from such articles as silk dresses, linen tablecloths, and dining room rugs.

Fourth question: "Do you have directions for making strawberry jelly?" I do, and I am sending you the directions, because they're too long to broadcast. I am also sending you a recipe for jellied fresh strawberries, made with pectin. This is a whole fruit jelly, with the delicious flavor of the fresh fruit. This recipe is also too long to broadcast, but I will send it to whoever wants it.

Next question-- No, this isn't a question, it's an entreaty. I'll read it: "Dear Aunt Sammy: Would it be possible for you to send me a recipe for cream puffs? I live 60 miles from a bakery, and consequently do not have a chance to buy cream puffs very often. My husband and son are very fond of cream puffs, and they have asked me to write to you, for a recipe. I will be listening-in, on Monday the ninth of May, and I earnestly hope you will have the recipe."

I have the recipe. My friend, in the Bureau of Home Economics made some cream puffs by this recipe last week, and they were delicious. Not hard to make, either.

First, I shall give you the recipe for the cream puffs, and then for the custard filling.

Five ingredients are necessary for the cream puffs:

1/2 cup butter
1 cup hot water
1 cup flour
4 eggs
1/4 teaspoon salt

Five ingredients. Count them please: (Repeat)

Add the butter to the hot water, and bring to the boiling point. Add the flour and salt, all at one time. Stir rapidly and constantly, until the paste leaves the sides of the pan. Remove from the fire. When cool, add the eggs, one at a time, beating until thoroughly blended with the paste mixture. Drop by spoonfuls, on a greased baking sheet, about two inches apart. During baking the dough expands to twice or more its original size. Bake in a hot oven, 450° to 475° F., until puffed, and a golden brown. When cool, cut and fill the lower half with seasoned whipped cream, crushed fruit, or custard mixture. Cover with the other half of the puff, and sprinkle powdered sugar over the top. This recipe makes eight medium sized puffs.

Now for the delicious custard filling. Seven ingredients:

1 cup cream or rich milk
2 tablespoons cornstarch
2 tablespoons sugar
2 egg yolks
1/8 teaspoon salt
1/2 teaspoon vanilla
1 tablespoon butter

Seven ingredients: Please check them: (Repeat ingredients)

Heat the cream or milk in the upper part of a double boiler. Mix the cornstarch, salt, and sugar, thoroughly, then pour over them the heated cream or milk. Return to the double boiler, stir until thickened, then cover and cook for ten or fifteen minutes. Add the well-beaten egg yolks and cook for a minute longer. Beat well, add the vanilla and butter. When cool place the custard mixture in the puffs.

Let me know how you like the cream puffs. And don't forget to send for the free radio cookbook.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Tues., May 10.

NOT FOR PUBLICATION

ANNOUNCEMENT: Questions and answers today, with a menu and a recipe. The recipe, for meat roll, will be a valuable addition to the spring menus. Approved by U. S. Bureau of Home Economics.

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Today's program is like a "pick-up" dinner, the subjects ranging from canning fruit to washing pillows. The best part is the recipe, which is part of the dinner menu. We'll answer the questions, and then discuss dinner.

First question: "Is it necessary to buy new rubber fruit jar rings each year?"

It is necessary to buy new rubber rings each year. They should be of good quality, too, if they are to withstand the temperature of processing. You may recall that during the war it was hard to get good rubber rings, because of the poor quality of rubber used. The rings on the market now seem to be of better quality.

Do you remember the test for a rubber ring? Double the ring together, and press the fold with your finger. The rubber should not crack, under this treatment. Rubber rings should also stretch to twice their length, and return without change of shape.

I might mention, again, the bulletin on "Canning Fruits and Vegetables at Home." This bulletin, which was printed less than a year ago, gives safe and sure methods of home canning.

Second question: "Should rhubarb be peeled, before it is cooked? Is rhubarb canned as other fruits are?"

I wouldn't peel rhubarb. The red skin gives a pretty color to the cooked fruit. By the way, rhubarb isn't exactly a fruit. Being the stem of a plant, it is properly a vegetable. Rhubarb keeps successfully, when canned. I'll send directions, for canning rhubarb to anyone writing for them.

Third question: "Does the color of canned salmon indicate the quality of the pack?"

No. The color of the salmon is an indication of variety, rather than quality. There are several kinds of salmon, and these vary in color, after canning, from a bright red to almost white.

Question Number Four: "Does milk contain minerals?"

It does. Milk contains three minerals that are especially important to the body--calcium, phosphorus, and iron. Milk is much richer in calcium, which is the chief constituent of bones and teeth, than are most other foods. This is one of the reasons why milk is such an excellent food for children.

Here's a question from Portland, Oregon: "How can I remove a scorch stain from a cotton fabric?"

A simple method is to moisten the stain with water, and place in the sun. For more serious cases, use this method: Moisten a piece of cotton cloth in hydrogen peroxide, and place over the stain. Cover with a dry cloth. Iron with a medium hot iron. If the hydrogen peroxide soaks through the dry cloth, replace with another cloth. Be very careful to see that the hydrogen peroxide does not come in contact with the iron, as it will rust the iron very rapidly. Brown stains will then be left on any garment which the iron touches. For the same reason, do not iron the fabric from which the stain has been removed until the hydrogen peroxide has been well rinsed from it. This method must be used carefully on colored fabrics, because the dyes may be bleached out. However, it can be used successfully on any kind of <u>white</u> fabric.

Next question: "Please tell me the correct method of re-waxing a floor."

If a floor needs re-waxing, the first thing to do is to dust it, or wash it thoroughly. Better still, rub the floor bright with a cloth moistened with turpentine, or gasoline. Then apply a thin, even coating of liquid or melted wax. Rub the wax in lengthwise of the grain of the wood, first with a soft cloth, and then with a weighted brush. When the wax is well rubbed in, cover the brush with a piece of heavy material, such as carpet or burlap, and polish the floor until it has the desired luster.

Next: "The burners on my gas stove have become clogged. How can I clean them?"

Take the burners out, and brush them. Place them in a large pan, and boil them in water to which washing soda has been added, in the proportion of <u>one-half pound of washing soda, to one gallon of water</u>. Then rinse the burners, brush them again, and wipe them with paper or cloth. Fit them back into the stove, and dry them thoroughly by lighting the gas. The burners on oil stoves, if detachable, may be cleaned in the same way.

Here's another cleaning question: "What is the easiest method of cleaning pillows at home?"

Make a cotton bag, larger than the pillow, and transfer the feathers to the cotton bag. Sew together the edges of the openings of both cotton bag and

pillow tick, and shake the feathers into the cotton bag. Sew up the opening. Wash in lukewarm water, using a neutral soap. Rinse well. Press as much of the water out as possible. Place the bag of feathers on a cloth, in the sunshine. Turn it often, and beat it, or fluff up the feathers, from time to time. So much for the feathers. Now for the pillow tick. Wash it separately, and starch it on the inside with a stiff starch mixture, so the feathers can't work through. A sponge is a handy thing to apply the starch with. Transfer the feathers, when they're dry.

No more questions today. I have a very nice dinner for you, with a beef roll as the piece de resistance. Did you ever make a beef roll, with rich biscuit dough? The chopped, seasoned, meat is placed on the dough, which is rolled up, somewhat after the manner of jelly roll. Served with a tasty tomato sauce, this beef roll is decidedly pleasing. The entire menu is Beef Roll; Poke Shoots, or other spring greens; and Caramel Custard.

Ten ingredients are needed for the beef roll:

2 cups chopped cooked meat
1 teaspoon salt
1/2 medium sized onion
1 tablespoon finely chopped parsley
1 cup broth or milk
1 tablespoon chopped celery tops
1/8 teaspoon tabasco
1/4 cup flour
2 tablespoons fat
Rich biscuit dough, made with 2 cups flour

Please check your list of ten ingredients, while I repeat them: (Repeat ingredients)

Make a sauce of the flour, fat, and the milk or broth. Cook until thickened, and then mix with the meat and seasonings. Roll the biscuit dough about one-half inch thick, and long enough to make a roll, of the right size to fit into the baking pan. Place the meat on the dough, and leave the dough uncovered, about one inch from the sides. Then roll up the meat and dough, as you would a jelly roll, and place in a greased pan. Bake in a slow oven, until the crust is a golden brown. Tomato, or any well-seasoned sauce, should be served with the meat roll.

The next thing on the menu is poke shoots, or any other of the fresh spring greens, which grow in your garden, or by the roadside.

Do you have poke shoots, or poke salad in your locality? Perhaps as a child you made "ink" from the dark purple berries of the poke weed, and stained your hands and clothes, and were told by your parents that the poke weed berries were poisonous. It is true that the berries of the poke weed are poisonous, and should never be tasted or eaten. However, the tender pink and green shoots of the poke weed that come up in the spring contain none of

this poisonous matter, and are highly prized for greens. Some people call them "poor man's asparagus." They do have the same kind of succulent texture, and fresh flavor. You may be able to find the poke weed growing wild in a nearby field, or perhaps in a corner of your garden. In cutting the shoots, you will find the small pink ones best, but you may also take the tips of the half-grown stalks. Don't use the larger green leaves. They are bitter. In cutting the shoots, take care not to include any of the underground part of the plant, for the root is exceedingly poisonous. Also, be sure that you are cutting the true poke weed. There is one variety, sometimes called Indian poke, which is poisonous in all its parts.

If poke weed does not grow wild in your locality, perhaps marsh marigold, or cowslip, does. That makes the best of all greens, some people think. Others prefer lamb's quarter, or wild dandelion. You may have in your garden an abundance of turnip or mustard tops, young beet greens, kale, spinach, or perhaps so much lettuce that you can use it for cooked greens. Try the poke shoots, however, if they are available.

I'll tell you how to cook the poke shoots. They have a slightly pungent or bitter flavor, which is disliked if too strong. The best thing to do, therefore, is to cook them for three or four minutes in boiling water, as you would any other vegetable, and then drain them, and put them on to cook again in fresh boiling water, lightly salted. Young poke shoots are fairly uniform in size, and are handled more easily, if they are tied together in a bundle, like asparagus. Season them simply with butter.

If you use mustard, turnip, lamb's quarter, marsh marigold, or beet tops, instead of poke, chop them up fine, and cook the shortest possible time, in very little water. A hard-cooked egg may be used to give a decorative note, and add to the food value.

If you have no wild greens, perhaps you have lettuce. Shred the lettuce, stir it up with melted butter in a heavy skillet, cover, let it steam and cook slowly for 4 to 10 minutes, and sprinkle lightly with salt before serving. Romaine lettuce is especially good for cooking, because it holds its shape, and does not wilt down so completely as the softer kinds of garden lettuce.

The menu, again: Beef Roll; Poke Shoots or other spring Greens, and Caramel Custard, made according to the recipe I broadcast last week.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chat Wed. May 11/27.

PROGRAM..... (NOT FOR PUBLICATION) RELEASE.....

ANNOUNCEMENT: Graduation frocks, re-finishing furniture, waxing floors, and a new recipe for Chocolate Ice-Box Cake today. Information approved by the U. S. Bureau of Home Economics.

---ooOoo---

The merry month of May brings forth a smiling group of sweet girl graduates, clad in alluring frocks of white, and dainty pastel colors. For the girl who does not want the rainbow hues, there are the rich sunset colors-- rose, orchid, honeydew. tangerine-- even the names are alluring.

In many communities, there is an unwritten law that the girl graduates must be clad in white. If white is worn for the commencement exercises, there is usually another special frock, in color, for the social events which precede commencement day.

Cotton fabrics seem to be the most appropriate and the most popular for the graduation dress. In many of the high schools, where the girls make their own dresses, cotton fabrics are required, so that the girls' taste is directed toward simple things.

Department stores are showing tempting displays of white cotton fabrics this month. If the sweet girl graduate is a decidedly feminine young thing, with a penchant for fluttering ruffles, she will likely select a crisp organdy, a soft voile or batiste, or a dotted Swiss.

If she is a stately, dignified type, she may want an elegant graduation frock of point d'esprit, and plain net. Then there are some new fabrics, which will make pretty frocks for the high school girl-- thin rayon, or rayon and cotton union fabrics. Dresses made from any of these materials will serve for a party dress the rest of the summer. If white is not desired as a party dress, the white frock may change its color, after commencement day. Substitute a colored slip for the white one. Add a colored sash, and perhaps a flower for the shoulder. It might be well to plan the dress with this change in mind.

There's one type of girl who somehow seems left out, at graduation time. She's the outdoor girl, the athletic young person who would rather play a game of tennis, than sip a chocolate soda. She can't be bothered with ruffles. She wants a frock which can be worn the rest of the summer on the beach, or for games. The newest revival in cottons for sports wear is a wide-waled pique, which is shown in the most exclusive New York shops. Other fabrics being used are broadcloth, cotton suiting, cotton crepe, poplin, madras, gabardine, or galatea. Any of these fabrics are charming made up in either one- or two-piece styles, with or without sleeves, and with fullness introduced into the skirt by means of two or three large pleats.

I'd like to talk longer about summer dresses, but there are a few questions

to be answered, before we come to the recipe for Chocolate Ice-Box Cake. I must tell you something about this Ice-Box Cake. The Recipe Specialist in the Bureau of Home Economics tested a number of recipes, which were sent in to her, but none of them came up to her standards of cake-making. Therefore, she made her own recipe, which I shall give you, in just a few minutes.

The first question is from a listener who seeks advice on re-finishing an old walnut table.

First, if the table has been varnished, remove the varnish. Do this with fine sandpaper, or with a liquid varnish remover. Most of these liquid varnish removers are inflammable, so be careful not to work in a room where there is a fire, or a lighted lamp, or anything of this sort. After the varnish is removed, rub the table with fine sandpaper, or with mineral wool. Rub until the wood is smooth, and free from varnish, and in good condition. When the wood is smooth, give it a coat of linseed oil and turpentine, using about two parts of linseed oil, to one of turpentine. Rub this in thoroughly, and allow it to stand for several days. A piece of woolen cloth is convenient in applying the oil and turpentine mixture. After two or three days, rub the surface of the table with a fresh woolen cloth. Then give the table a coat of wax polish. You can buy a wax polish, or make one at home. After a time, give the table a second coat, and in two or three weeks, still another coat.

Apply the wax polish in very thin coats, and rub it down with a soft cloth, for as long a time as possible. It is the rubbing, and the use of a little wax at a time, that develops the fine finish.

Question Number Two: "Is waxing a practical finish for a hardwood floor?"

Waxing is considered by many the most attractive and practical finish for hardwood floors. It preserves the natural color of the wood, brings out the natural beauty of the wood, and is easily revived and renewed. If waxed floors are given the proper care, they will improve with age, even under hard usage. In some of the European palaces, for instance, floors that have been polished for centuries with nothing but wax are still bright and beautiful, although now worn thin by use.

There are two objections to waxed floors. One is the amount of work required to polish the floor, and the other is the fact that water turns the finish white. However, these water spots can be quickly removed by rubbing on a little wax, with a woolen cloth or a weighted brush.

Floor wax may be bought ready mixed, or made at home. If you like, I can send you directions for making floor wax, and also for applying the wax to the floor. Send for Farmers' Bulletin Number Twelve Nineteen, called "Floors and Floor Coverings," if you have either new or old floors to finish this spring.

Question Number Three: "Please tell me how to care for leather furniture."

Leather furniture coverings look better and last longer if they're rubbed occasionally with castor oil. The use of castor oil, or a commercial leather polish, restores to the leather the oil that gradually dries out. The liquid should be well rubbed in, and any excess wiped off the surface; otherwise this film of oil

will collect and hold dirt, which will darken the leather and soil whatever touches it.

Now we're ready for the Ice-Box cake, a springtime dessert which should be served when eggs are plentiful, for it requires eight of them. One of the chief virtues of this cake is that it can be made the day before. Then, at the last minute, all one has to do is whip a little cream, and there's a delicious dessert, all ready to be served. It would be nice for a children's party, too, for this ice-box cake is really just sponge cake and custard, flavored with chocolate.

Pencils please, for the recipe for Chocolate Ice-Box Cake. I'll give you the chocolate mixture first, and then the sponge cake.

Seven ingredients, for the chocolate mixture:

1 pint milk
1/2 cake chocolate (1/4 pound)
3/4 cup sugar
4 eggs
1/4 cup butter
1/4 teaspoon salt
1/4 teaspoon vanilla

Seven ingredients: (Repeat)

Melt the chocolate in a double boiler. Add the sugar, salt, and milk. Mix well. Separate the eggs, and when the milk is hot, pour the mixture into the lightly beaten yolks. Cook until thickened, stirring constantly. Add the butter, beat until well mixed, and fold this custard mixture into the stiffly beaten whites of the eggs. Stir in the vanilla. Chill before pouring over the sponge cake.

Now, the sponge cake. Seven ingredients for that, too:

4 eggs
1 cup sugar
1 cup flour
3 tablespoons cold water
1/4 teaspoon salt
1/2 teaspoon vanilla
1/2 teaspoon lemon juice

Let's check the seven ingredients: (Repeat)

Separate the egg yolks from the whites, and beat the yolks well. Gradually beat in the sugar, using a Dover egg beater. Add the water, and continue the beating until the mixture is very thick and light. Sift the dry ingredients together, and then fold them into the egg and sugar mixture. Then fold in the stiffly beaten whites of the eggs, and add the flavoring. Grease a tube pan slightly, pour in the cake batter, and bake from 45 to 50 minutes in a moderate oven, at a temperature of 325° F.

When the cake is cool, split it into three sections, beginning at the top.

Place the bottom section of the cake in the tube pan, and pour over it one-half of the chocolate mixture. Then put the next section in place and pour in the remainder of the chocolate. Cover with the top layer. Set the cake in the ice box overnight, or for several hours. When ready to serve turn onto a platter and sprinkle with powdered sugar, or fill the center with whipped cream, or cover with chocolate icing.

That's the recipe, and I hope you will have good luck when you try it.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Thurs. May 12/27

(NOT FOR PUBLICATION)

ANNOUNCEMENT: The two recipes which will be broadcast at the close of this program are worth more than the price of admission. One recipe for Baked Onions in Tomato Sauce, and the other for Strawberry Jam. Both recipes from the U. S. Bureau of Home Economics.

---ooOoo---

Still they come-- I mean the questions, and the requests for the radio cookbooks, and the housekeeping bulletins. I want to get all the questions answered this month, and all the cookbooks mailed out, because on Friday, the 27th of May, Aunt Sammy will say goodbye to her radio friends, until next fall.

Of course you may continue to send me questions, during the summer. All letters will be answered personally, either by myself or by some one in the Bureau of Home Economics.

A word about the radio cookbooks. The first edition of the cookbook, which most of you received, contains 59 pages-- 59 pages, up to date. The second edition of the cookbook contains 67 pages-- 67 pages, up to date. There's a difference in the number of pages because the second edition was printed, and the first was multigraphed. Don't let that confuse you, however. Whether you have 59 pages or 67 pages, you have all the recipes which have been published for your cookbook so far.

As soon as the Housekeepers' Chats are concluded, we will assemble all the recipes and menus which have been broadcast this spring, and have them printed also, on loose leaves, so you can add them to the cookbook. These recipes will be mailed some time in the summer. You need not write again for this supplement, for if your name is on the cookbook list, the recipes will be sent to you. There will be a great many of them, too.

There's another item I want to mention. You know that the Department of Agriculture publishes a great number of bulletins which are of interest to women, whether they live on farms, in small towns, or in cities. The bulletins you will find most helpful are those prepared by the U. S. Bureau of Home Economics, and written by women who have really done the things they write about.

There are bulletins on baking, canning, fruit butters, and making vinegar; on the uses of such foods as rice, cheese, corn, honey, milk, and so forth. If your particular problem is planning meals, you will be interested in the bulletins which deal with well-balanced menus.

Then there is printed information on food for young children, on housecleaning, washing and ironing, kitchens, window curtaining, flower gardens. I can't remember all the subjects, but there are ever so many more than those I've named. A list of all the bulletins published by the U. S. Department of Agriculture

is sent free to anyone asking for it, and I suggest that you ask for this list, check the bulletins which appeal to you, and send for them.

Now let's return to our knitting, which in this case is questions and answers.

First and foremost: "Please tell me how to prepare scalloped potatoes, so they won't boil over the sides of the dish."

If your scalloped potatoes boil over the sides of the dish you are likely filling the baking dish too full, and then cooking the potatoes in such a hot oven that the liquid boils vigorously, and spills out. Perhaps you put a lid on the baking dish, too. If the baking dish is covered, the liquid is more apt to boil over. When the recipe specialist in the Bureau of Home Economics prepares scalloped potatoes, she pre-cooks them. That is, the raw potatoes are diced, or cut in small pieces, and cooked in a small amount of water, for about ten minutes. If the potatoes are cooked before they are put in the baking dish, it doesn't take so long to bake them.

Second question: "What are the important points to look for, in selecting a pressure canner for home use?"

This is a timely question. No doubt many housewives will be interested in pressure canners, as the summer canning season advances. A pressure canner should be strongly built, and the top should clamp on tightly, so that there is no leakage of steam, when it is closed. There must be an air outlet, with a petcock, and the top should be equipped with a pressure gauge, a thermometer, and a safety valve. It is well to have both a pressure gauge and a thermometer, for one can be used to check the accuracy of the other. In size, a pressure canner should be suited to the kind of containers used for canning, and the probable number to be handled at one time. In case the canner must be lifted on and off the stove, during the canning, it is also important that it should not be too heavy. Dual-purpose pressure canners are available, which may be used all the year round, in the preparation of certain foods, as well as in the summer canning season. Some foods, such as cereals, dried beans, tough cuts of meat, and old fowls, can be prepared in the pressure cooker in a much shorter time than directly over a fire.

Third question: "What is the best way to seal jelly, so it will keep?"

Cover the jelly with paraffin. Put the paraffin into a cup, a small saucepan, or a small tin coffee pot. Melt it over low heat. After the jelly has cooled, and set, run the point of a knife lightly around the edge. Then pour hot paraffin over each glassful of jelly. See that it completely covers the top. Tilt the glass, so that the parrafin will run up on the sides of the glass lightly. This makes a perfect seal around the edge. After the paraffin cools, place tin tops on the glasses, or paste paper over them. Label the glasses neatly. Store them in a dry, cool, dark place.

Get your pencils ready now, for a dinner menu: Cold Meat; Baked Onions in Tomato Sauce; Baked Potatoes; and Hot Biscuits and butter.

The best part of this menu is the baked onions in tomato sauce. Your

husband doesn't like cooked onions? Perhaps he has never eaten them baked, and covered with tomato sauce. He might be converted to cooked onions, if he'd taste this appetizing dish.

Ten ingredients, for Baked Onions in Tomato Sauce:

6 medium sized onions
1 quart canned tomatoes
2 tablespoons sugar, if desired
1 bay leaf
2 teaspoons salt
1/4 teaspoon celery seed
2 cloves
2 tablespoons flour
2 tablespoons butter
Dash of pepper

Check them please, the ten ingredients: (Repeat)

Cook the tomatoes with the seasonings for ten minutes. Mix the flour and butter, add to the tomatoes, and mix well. Cut the onions in half and put them in a large casserole, or baking dish. Strain the tomato sauce over them, adding more salt if needed. Cover and cook until the onions are tender, about one hour. Serve from the dish in which cooked.

That's the menu: Cold Meat; Baked Onions in Tomato Sauce; Baked Potatoes; and Hot Biscuits and butter.

Wait a minute, I know something that would be mighty good with hot biscuits and butter. Strawberry jam. Don't you think so? It really seems a shame <u>not</u> to have strawberry jam, with hot biscuits and butter.

Very well, let's have some strawberry jam. Let's make a large quantity of strawberry jam, and can most of it, and use what's left over for the biscuits.

Only three ingredients, for strawberry jam:

4 quarts strawberries
3 pounds sugar
2 to 3 tablespoons lemon juice

Three ingredients, only: (Repeat)

Wash the berries, thoroughly. Then drain them, and cap them. Pick out the largest of the berries. Take about one quart of the smaller fruit, crush it, and add the sugar. Cook this rapidly, in an enameled saucepan, and stir until the sugar is dissolved, and a thick sirup is formed. Add the remainder of the fruit and continue the rapid cooking, stirring frequently to prevent scorching. An asbestos mat should be placed under the pan as a precaution. Cook from 45 minutes to an hour, until fairly thick, then add the lemon juice. The jam should then have a brilliant red color, and some of the fresh flavor of the fruit. The jam thickens when cold, and should not be cooked down too much. Place the jam in

sterilized jars, seal, and store.

Don't forget to save some of the jam for the biscuits, so our menu will sound like this: Cold Meat; Baked Onions in Tomato Sauce; Baked Potatoes; Hot Biscuits and butter, and Strawberry Jam.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Fri. May 13/27.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: The questions and answers today are mainly about house cleaning. The recipe, for Sour Cream Pie, is a new one from the U. S. Bureau of Home Economics.

---ooOoo---

The other morning, before breakfast, I glanced out the kitchen window and saw my Next-Door Neighbor industriously digging dandelions from her back yard.

"Greetings," I called to her. "You are indeed charming, in your bright green smock, gathering golden dandelions from the dewy greensward. A pleasant rustic scene. Would that I were an artist, to catch the elusive red-gold tints in your auburn hair, and with paint and brush immortalize you on canvas. I would call my canvas 'Lady Gathering Dandelions.'"

"Mercy me, Aunt Sammy!" exclaimed my Neighbor, "how you do rhapsodize, so early in the morning! I'm not a 'Lady Gathering Dandelions,' I'm a 'Lady Digging Greens.' May not sound so poetic, but it's more nearly the truth. Besides getting my day's supply of spring tonic, and ridding my lawn of an obnoxious weed, I am getting needed exercise, and sunshine. What matters a temporary 'crick' in my back, and unsightly stains on my hands? The returns from my morning's labor will be enormous. I am not merely digging greens-- I am gathering spring tonic. For in these dandelions lurk vim, vigor, vitality, and vitamins. Is it not so?"

"Sure, it's so," I replied. "In dandelion greens there is iron, in liberal quantity, and calcium, both of which help keep the body tissue in good condition; and bulk, to help overcome constipation. You can use the tender leaves raw, for salads, or chop them up for sandwiches. They are a good source of vitamins."

"Just what I thought," said my Neighbor. "And since you're so fond of foods containing vitamins, I'll pick enough dandelion greens for you too, Aunt Sammy."

"Thank you," said I. "And in return for the dandelion greens, I'll give you a recipe you've been wanting a long time-- the recipe for Sour Cream Pie."

"Three cheers!" said my Neighbor. "I hope it's rich and goo-ey, and full of raisins and cinnamon and cloves, and turns to a delicious golden brown, when baked in the oven. Is it that kind of a pie?"

"It is," said I. "Come on over after a while, and I'll let you taste a real Sour Cream Pie."

We stopped gossiping after that, and I prepared breakfast, while my Neighbor dug dandelions. I had a good breakfast, if I do say it myself: strawberries and cream; rolled oats and top milk; poached eggs; and graham toast.

As soon as breakfast was over, I made a Sour Cream Pie, using a tested recipe from the Bureau of Home Economics. I'm going to give you this recipe, just as soon as today's questions are answered.

First question: "Please tell me how to keep cut flowers. I don't have much luck keeping them fresh."

Cut flowers should be plunged into a deep jar of cold water, as soon as they are cut. Leave them in this water, in a cool place, for at least an hour or two, after cutting. Change the water in which cut flowers are kept, once a day, or oftener. Clip a small portion off the bottom of the stems, once a day. This opens the pores, and admits water. Roses which have begun to fade, may sometimes be revived for a short period, by clipping the bottoms of the stems, and plunging them to a depth of an inch or two in boiling water, for a moment.

Question two: "I am a very young housekeeper, and would like some advice on washing, ironing, and starching. Should clothes be starched wrong side out, or right side out?"

I am sending you a bulletin which contains practical advice on all phases of laundering-- washing white and colored garments, blankets, curtains, pillows, and so on. It contains a discussion of washing machines, too. If I remember rightly, it contains directions for making starch paste.

Starch your clothes wrong side out. Leave them wrong side out, till they're sprinkled. For white clothes, use the starch as hot as you can stand it. Hot starch goes through the fabric better and more evenly, and doesn't leave shiny spots when ironed. Keep most of the starch hot. Use only part of it at a time. Replace it when it gets cold and thick. The ideal method of starching is to have two pans of starch, besides the reserve supply. Dilute one with enough water to make a good paste for the <u>thinner</u> materials, and keep the other thick enough for the heavier clothes.

Begin by starching the garments you want stiffest. Clothes wrung very dry before starching will be stiffer than wetter ones. White starch shows plainly when used on dark-colored clothes. It may be tinted with tea or coffee for browns, and with bluing for blues, or specially tinted products may be purchased. Dry all colored garments in the shade. Be sure they are wrong side out. Take the colored clothes off the line, as soon as they are dry.

Next question: "What is the best way to keep lard from turning rancid?"

Keep your lard in completely filled, tightly closed containers, preferably of glass, or earthenware. Store the lard in a cool, dark place.

Fourth question: "Is there an effective method of controlling bedbugs?"

Kerosene, gasoline, and benzine, forced into cracks or crevices infested by bedbugs, are effective in controlling them. Successive applications should be made at intervals of 3 or 4 days, for 10 days, or 2 weeks, so that the bugs hatched in the intervening periods may be killed. (Remember that kerosene, gasoline, and benzine are inflammable.)

Boiling water kills both the bugs and eggs, but it injures paint and varnish. A solution made of 1 part corrosive sublimate, to 5 parts boiling water, is also effective. It may be used to wash furniture and woodwork. Corrosive sublimate is a deadly poison, and must be used with extreme care.

Fifth question: "How should clothes be stored, to keep the moths from them?"

I answered this question so fully a few days ago that I won't go into it again. I'll send you the information, however. Anyone else wanting advice on control of moths, please write for the bulletin on "Clothes Moths and Their Control." It is free.

Last question: "What is the best way to clean upholstered furniture?" For upholstery, either a vacuum cleaner, or a brush, is a most effective tool. A soft brush is best for velvet and velour, a stiffer brush for tapestry and other strong, firm materials; and a pointed brush for tufted upholstery. If convenient, upholstered furniture should be taken out of doors occasionally, and beaten with a flat carpet beater.

If it's impossible to take the upholstered furniture outside, it may be cleaned indoors, this way: Cover the furniture to be cleaned with a cloth, which has been dipped in water, and wrung as dry as possible. Then beat the furniture with a flat beater. The damp cloth takes up the dust.

Now the recipe for Sour Cream Pie-- rich, and spicey, and delicious. Eight ingredients, for Sour Cream Pie:

1 cup sour cream
1 cup sugar
1 cup seeded raisins, cut fine
2 eggs
1/2 teaspoon powdered cinnamon
1/2 teaspoon powdered cloves
1/8 teaspoon salt
2 tablespoons vinegar

Eight ingredients, let's check them: (Repeat)

Beat the eggs. Add the spices, mixed well with the sugar, the raisins, cream, salt and the vinegar. Beat well. Pour the mixture into a deep, pastry-lined, pie pan. Moisten the outer rim of the pastry, and press the top crust over the lower one, to hold in the custard. Bake in a moderate oven, until golden brown.

I hadn't planned a menu, when I began this program, but I think we might plan one now, for Sunday, and use the Sour Cream Pie for dessert. What do we want for Sunday dinner? Chicken, if we can get it. Nothing new about baked chicken, with dressing and gravy, but I can think of nothing better. Mashed potatoes and dandelion greens and sliced tomatoes would supply the vegetables, with Sour Cream Pie for dessert.

Shall I repeat this dinner menu? Baked Chicken, with Dressing, and Gravy; Mashed Potatoes; Dandelion Greens; Sliced Tomatoes; and Sour Cream Pie.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

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Housekeepers' Chat Mon., 5/16

NOT FOR PUBLICATION

ANNOUNCEMENT: At some time in her life, nearly every homekeeper has felt an urge to make the delicacy known as Sun-Preserved Strawberries. While the berries are in season, and the sun is hot, let's put up a few jars of Strawberry Sun Preserves, for company dinners. Aunt Sammy has the recipe tested and approved last week by the U. S. Bureau of Home Economics.

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One day recently I called on the Recipe Lady in the Bureau of Home Economics, to see if she had anything new, in the way of good things to eat.

"Good morning, Aunt Sammy," said she. "Come in and make yourself at home, and tell me what your radio friends are writing you this week."

I sat down in the Recipe Lady's office, which is next to her kitchen, and told her about the many delightful letters you have written, thanking me for the radio cookbook. I always let the Recipe Lady read the letters. She is just as much interested in them as I am. You see, she develops, or tests, every recipe that is broadcast in the Housekeepers' Chats, and naturally she wants to know what you think of her cooking.

She agrees with me, that "Aunt Sammy" has a most appreciative audience, and that it's easy to plan programs, and develop new recipes, for women who write such friendly letters. Well, we were talking along, and making plans for next year, when suddenly the Recipe Lady exclaimed: "Excuse me a minute, Aunt Sammy! I forgot to turn them today!"

And she left, just like that, without another word. Now what, I wondered, is she going to turn. It can't be pancakes, at this time of day. Besides, she went outdoors. I had just about concluded that the Recipe Lady had an incubator somewhere on the place, and had gone out to turn the eggs, when she came back.

I don't have very many," she explained, "so it didn't take long to turn them."

"To turn what?" I asked politely.

"My strawberries," said the Recipe Lady. " I thought you knew about

my strawberries, that are being preserved in the sunshine. I have to turn them every day. I'd give you the recipe, only I haven't written it yet."

"Look here," I said, "do you mean to tell me that you have a perfectly good recipe for strawberry sun preserves, and won't give it to me?"

"Well," said the Recipe Lady, "come out and look at them, and taste them, and maybe if you want the recipe, I can tell it to you. Bring your pencil."

We went outside. I tasted one sun-preserved strawberry. I turned to the Recipe Lady, with strawberry sirup and determination on my face. "My friend," said I, "I will not stir from this spot until you tell me all you know about strawberry sun preserves. It would be a crime, to keep this recipe from a waiting world."

Seeing that there was no help for it, the Recipe Lady sat down with me, on the grass, and discussed strawberry sun preserves.

"Aunt Sammy," she began, "there is one point you must remember, in making preserves, whether they are cooked in the sunshine, or on the stove: The better the fresh fruit, the better the preserved fruit. If you have a perfect fresh product, you are quite likely to have a first-class cooked product. So when you select your strawberries for sun-preserving, get the biggest, nicest berries available, in your garden or on the market, and use the fruit as soon as possible, after it is picked.

"There's so much water in strawberries that they will shrink somewhat, at the best, and the smallest ones will shrink up into small hard knots. Choose the biggest, most solid berries for the sun preserves, and use the smaller ones for the sirup.

"One more point: In cooking red fruits, remember that lemon juice helps bring back the original color, or develop it. That's why I used it in my strawberry sun-preserves."

"Now," said I, taking my green fountain pen from my pocket, "please tell me just exactly how you made these sun-preserves, so I can broadcast the directions. Talk slowly, please, because my shorthand is very feeble."

Then she gave me her directions. Take your pencils, if you want to write the recipe.

(Read slowly):

"The ingredients I used," said the Recipe Lady, "were three cups of

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small strawberries, which made about one pound; two pounds of selected strawberries; and two pounds of granulated sugar."

"Wait a second," said I. "See if I have it down just right: three cups of small strawberries, which make about one pound; two pounds of selected strawberries; and two pounds of granulated sugar."

"Correct," said the Recipe Lady, smoothing her neat white apron. "The first step is to wash the fruit, and remove the caps. Then take three cups of the smaller berries, crush them, and cook them for three minutes, stirring all the time. Then strain. This amount of fruit should make about one cup of juice. I've tried this recipe time and again, and three cups of berries always make one cup of juice. To this cup of juice, add the two pounds of granulated sugar. Heat slowly, until the sugar is entirely dissolved. Then remove from the fire, and drop the large berries into the sirup. Leave the berries in the sirup for from one to three minutes, until they have absorbed some of the juice. Then drain the berries from the sirup, and place them carefully on shallow pans, enamel-ware, or platters. Place the berries about an inch apart, so the sun can reach as much of the surface as possible.

"Next, after you have taken the strawberries from the sirup, boil the sirup to a temperature of 105 degrees Centigrade, which requires about 10 minutes, or until it is fairly thick. Remove the scum. Pour the thick sirup over the berries in a thin layer. Cover the pans, or platters, with window glass, allowing an air space on all sides. That's for ventilation. There must be space for the air to circulate under the window glass, if you want perfect preserves.

"Place the enamel pans or platters in the sun, and turn the berries over before the next day's sunning. Repeat this for two or three days, or until the sirup has formed a jelly. The amount I used will make a little over one pint of fruit.

"The success of this method of preparing strawberries depends upon the heat of the sun, as well as upon the firm, ripe condition of the fruit used. The berries should be taken into the house before the dew falls."

"What if it should rain," I asked, "before the berries are preserved? Would all your work be wasted?"

"No, indeed. If it rains before the jelly state is reached, I will place the pans in a warm oven. However, let's hope it doesn't rain, because oven-drying darkens the fruit somewhat, and is done only to prevent loss. If it should rain, and you don't want to put the berries in the oven, you can make the strawberries into jam."

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"What about the lemon juice?" I asked. "Didn't you say that lemon juice helped bring back the color of red fruits?"

"Yes. I used lemon juice in my sun-preserves. One tablespoon of lemon juice to each cup of concentrated sirup improves the color, and I think it improves the flavor of the preserves. That's about all there is to the recipe. Remember that perfect fruit makes the best sun preserves, and try to have fruit fresh from the garden, if possible."

I thanked the Recipe Lady for her recipe, and, after another taste of her sun-preserves, I left.

Tomorrow I shall talk about housecleaning, and perhaps give you a new recipe.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chat

Tues., May 17

PROGRAM..... RELEASE.....

NOT FOR PUBLICATION

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ANNOUNCEMENT: Housecleaning hints, and a menu and recipe today. Approved by the U. S. Bureau of Home Economics.

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Judging by the questions of the past few days, most of the women in radio circles have joined the Ancient and Honorable Order of Dustcap and Broom.

I am a member in good standing, myself. Last week I cleaned woodwork, and waxed floors, and washed curtains. Even Uncle Ebenezer, who hates any kind of manual labor, pitched in and cleaned the basement for me, and carried stacks of old magazines from the attic to the back porch, ready to be given to the little boy who comes after magazines twice a year.

Six-year-old Billy was so imbued with the spirit of orderliness and cleanliness which prevades the household that he promised to keep his room in perfect order, all summer. Billy has a room of his own, for the first time in his life, and he is very proud of it.

Last night, after he had climbed into bed, Billy called me in to see how neat he had kept his room all day.

"Neat as a bright new pin," I commented. "But where are your clothes?"

"Aw, they're all right."

"I know, but where are they?"

"I kicked 'em under the bed, Aunt Sammy. Do I have to hang 'em up every night? Uncle Ebenezer doesn't."

Assured that hanging up clothes every night was to be a regular performance, in spite of Uncle Ebenezer's negligence, Billy crawled out and under, and retrieved his trousers.

I spent the evening making new covers of striped denim for the cushions which will decorate the porch swing this summer. While I sewed, I compared old-fashioned methods of housecleaning with the present-day methods.

Do you remember "away back when" the annual housecleaning meant an orgy of work and worry and dust, and a household schedule completely upset? Tacked-down carpets were responsible for a good share of the work. Besides

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[illegible]

[illegible]

[illegible]: Homecleaning hints and recipes today. Approved by the U. S. Bureau of Home Economics.

[illegible]

Judging by the questions of the past few days, most of the women in [illegible] rural districts have joined the Patient and Honorable Order of Bustcap and [illegible] Broom.

I am a member in good standing, myself. Last week I cleaned woodwork, [illegible] and washed curtains. Even Uncle Ephraim, who hates any kind of household labor, pitched in and cleaned the basement for me, and [illegible] carried stacks of old magazines from the attic to the back porch, preparing to be given to the little boy who comes after magazines twice a [illegible].

Six-year-old Billy was so imbued with the spirit of industrious [illegible] cleaning, that he persuaded the household that he [illegible] mightiness bigger in [illegible] than the [illegible] Billy has a room of his own, so that [illegible] mighty, [illegible] be very proud [illegible].

[illegible] he had [illegible] into bed, Billy called me in [illegible] most [illegible] from all [illegible].

"Just [illegible] a bit more, Mom," I can remember that [illegible].

"[illegible], they're [illegible]."

"I know, but [illegible] are there."

"I wonder [illegible] under [illegible] bed [illegible]. My! I have to hang [illegible] every night! [illegible]."

Assured that [illegible] everything was to be regular [illegible] formance, in spite of [illegible] negligence, Billy crawled out and [illegible] under, and retrieved his [illegible].

I spent the evening making [illegible] of striped denim for [illegible] which will [illegible] the work swing this summer. While I sewed, I compared old-fashioned [illegible] of housekeeping with the present-day methods.

In your [illegible] Mary [illegible] the annual house-cleaning meant an orgy of work and worry and [illegible] horrible schedule completely upset. Tacked-down carpets were responsible for a good share of the work. Besides

being easier to clean, our floors are much more sanitary than carpeted ones, for the rugs can in most cases be taken out of doors frequently and cleaned, aired, and sunned. In this way, dust is taken out of the house, instead of being scattered, to settle again on furnishings and woodwork.

The first question on today's list is a timely one, about storing rugs, and carpets. Rugs and carpets should be thoroughly cleaned, before they are stored. After they are cleaned, spread them out, and cover them with clean newspapers which have been sprinkled with turpentine, or benzine, or gasoline, as a protection against moths. Before the liquid evaporates, roll the rug or carpet tightly, on a pole, if possible. Then tie securely, wrap in heavy paper, and seal the overlapping edges of the paper with liquid glue. The rugs should then be stored in a clean, dry, cool place. If the cellar is the only storage place available, the rugs should be hung from the joists, not allowed to lie on or near the floor, where they will absorb dampness.

Second question: "Can you tell me what finishes are best for the various floors in a house?"

I can answer this question in only a general way. As a rule, wax and varnish are more suitable to use in living rooms, dining rooms, and bedrooms, while oil and paint, being less likely to be damaged by water, are better for kitchens, pantries, and other places where water is likely to be spilled.

Third question: "Please tell me how to care for linoleum."

In order to get the best service from linoleum, it must be laid over a smooth floor, in such a way that it does not buckle, and it should be cleaned with a damp cloth wrung out of suds made with mild soap. Alkali washing powders, strong soap, or too much water, will ruin even the best linoleum.

Next question: "Is there any practical home method of cleaning small machine made rugs, which are badly soiled?"

There is. Place your small rug on a table, or any other flat surface of convenient height. Scrub the rug with a heavy lather of mild soap and water, using either a brush or a sponge. As soon as one section is scrubbed clean, rinse it thoroughly with water changed as often as it becomes discolored. This is a thorough method of cleaning, but it may cause the rugs to shrink, or change color, and therefore should be used with caution. Better not try it on a heavy-piled rug, unless you are sure the rug can be thoroughly and quickly dried. Any moisture left in the rug may rot the threads.

[illegible]

[illegible]

[illegible]

When possible, valuable rugs should be sent to a professional cleaner, who has the special apparatus necessary for this work.

Fifth question: "I wonder if you can tell me what to do with a small rug which has lost its stiffness, and refuses to lie flat on the floor. The rug was left out in the rain one night, and has lost its shape."

If this were my rug, I would re-size it. It has lost its shape, because the sizing has come off the back. Re-sizing will make the rug more durable as well as better looking. Stretch the rug, tight and true, and tack it, at frequent intervals, face down, on a floor, or some other flat surface where it can remain undisturbed. Then sprinkle it generously with a solution made by soaking and dissolving one-fourth pound of flake glue, in one-half gallon of water. Dissolve the flake glue in a container surrounded by hot water. Then let the rug dry for at least 24 hours. If the rug is a light-weight one, be careful not to put on so much glue that it will penetrate to the right side.

One more question: "Can you tell me how to make a varnish-remover, which will not darken the wood, or raise the grain?"

I am sending this information to you, by mail, since it is a rather difficult recipe to broadcast. If you have a copy of Farmers' Bulletin Number Twelve Nineteen, you will find directions for making varnish-remover on page 11. I'll send the bulletin to anyone desiring it.

Today's menu suggestion is for lunch or supper. Pencils ready, to write it down? Clam chowder; crackers or toast; lettuce salad with a tart dressing; and cream puffs with custard filling.

I gave you the recipe for cream puffs the other day, so it will not be necessary to discuss cream puffs again. You might like to have my recipe for clam chowder, however. If you cannot get fresh clams, use the canned ones. Here's the recipe, for clam chowder. Eight ingredients:

1 quart shucked clams, or 2 dozen clams
2 small potatoes
1 onion, cut in small pieces
2 slices bacon, cut in small pieces
1/2 teaspoon salt
Few drops tabasco
1 pint milk
2 tablespoons flour

Eight ingredients, for Clam Chowder: (Repeat)

Remove the clams from the liquor, and strain the liquor through cheesecloth, or a very fine wire strainer, to remove any small pieces of shell. Crisp the bacon, and then remove it from the fat. Cook the onion in the bacon grease, until yellow, and then add the flour. Pour most of the clam liquor into the pan slowly, and cook until thickened. Cook the

[illegible] possible, valuable rugs should be sent to a professional cleaner. [illegible] the special apparatus necessary for this work.

[illegible] question: "I wonder if you can tell me what to do with a small [illegible] rug has lost its stiffness, and refuses to lie flat on the floor. [illegible] rug was left out in the rain one night, and has lost its shape."

If this were my rug, I would re-size it. It has lost its shape, because the sizing has come off the back. Re-sizing will make the rug more useful as well as better looking. Stretch the rug, tightened tree, and [illegible] at frequent intervals, face down, on a floor, or some other flat surface where it can remain undisturbed. Then sprinkle it generously with a solution made by soaking and dissolving one-fourth pound of flake glue in one-half gallon of water. Dissolve the flake glue in a container surrounded by hot water. Then let the rug dry for at least 24 hours. If the rug is a light-weight one, be careful not to put on so much glue that it will penetrate to the right side.

One more question: "Can you tell me how to make [illegible] which will not darken the wood, or raise the grain?"

I am sending this information to you in [illegible] since [illegible] rather difficult recipes to prepare. If you have [illegible] Number Twelve "Kitchen" you will find directions for making [illegible] wax. I'll send it [illegible] to [illegible].

Today's [illegible] question is [illegible]. [illegible] Through [illegible] drying down. Clam chowder crackers or toasty lettuce salad with [illegible] dressing and cocoa puffs with cultured filling.

I gave you the recipe for cocoa puffs the other day, so it is not necessary to discuss cocoa puffs again. You might like to have the recipe for clam chowder, however. If you haven't yet fresh clams, use the canned ones. Here's the recipe for clam chowder. Right ingredients:

1 quart shucked clams, or 2 dozen clams
2 small potatoes
1 onion, cut in small pieces
4 slices bacon, cut in small pieces
1½ teaspoon salt
few drops tabasco
1 pint milk
2 tablespoons flour

Eight ingredients, for Clam Chowder: (Repeat)

Remove the clams from the liquor, and strain the liquor through cheesecloth, or a very fine wire strainer, to remove any small pieces of shell. Drain the bacon, and then remove it from the fat. Fry the onion in the bacon grease, until yellow, and then add the flour. Take part of the clam liquor into the pan slowly, and cook until thickened. Cook the

clams below the boiling point, in the remainder of the liquor, for two or three minutes. Then place the clams through the fine knife of the meat grinder, taking care to catch the juice which is pressed from them while grinding. Add the milk to the thickened clam juice, the salt, the bacon, the ground clams, and the remainder of the juice. Bring to the boiling point. Sprinkle finely chopped parsley over the top, and serve over crackers.

I'll repeat the menu: Clam chowder; crackers or toast; lettuce salad with a tart dressing; and cream puffs with custard filling.

Tomorrow I shall talk about picnics - informal picnics, and community picnics.

# # #

clams boiler to boiling point, in the remainder of the liquor, for two or three minutes. Then place the clams through the fine knife of the meat grinder, taking care to catch the juice which is pressed from them while grinding. Add the milk to the thickened clam juice, the salt, the pepper, the ground clams, and the remainder of the juice. Bring to the boiling point. Sprinkle finely chopped parsley over the top, and serve hot with crackers.

I'll meet you the round Elm, cracker; broccoli or tomato; lettuce salad with a bare dressing; and green gauge with custard filling.

Tomorrow I shall talk about picnics - informal picnics, and community picnics.

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION
Housekeepers Chat
5/19/27

NOT FOR PUBLICATION

PROGRAM RELEASE

ANNOUNCEMENT: Summer dresses and summer drinks are the topics discussed today by Aunt Sammy. Information approved by the U. S. Bureau of Home Economics.

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I have found my recipe for fruit punch, which I mentioned yesterday. The recipe serves about 40 persons, so you may find it handy if you are placed in charge of the drinks for a large gathering of people this summer.

However, there are two important questions to be answered before the fruit punch is served.

First question: "Will organdy be worn this summer? If so, in what colors?"

Organdy is most certainly being worn this summer. Haven't you seen the fluffy, full-skirted party frocks, made for young girls? These organdy dresses are made up in delicate shades, and in flowered patterns, appropriate for party occasions, and for summer wear generally. I have seen adorable dresses made in such colors as pink, peach, orchid, nile, blue and maize, in both plain and floral designs.

There are many good features about organdy as a summer dress material. It is sheer and cool, yet has a crispness that remains after laundering. It can be washed at home successfully. Full-skirted fashions are recommended for development in organdy, with trimmings of inserted bands, rather than ruffles. Shaded effects are produced by combining two or more colors, in various ways.

Organdy is so sheer that one must have a pretty slip to wear with it. Slips of baronet satin, or other rayon fabrics, are good under organdy, because of their sheen, and the fact that they are also washable.

I have seen a number of pretty frocks in other cotton materials, made up with organdy as the trimming. One dress was of tissue gingham, trimmed with bands of organdy; another gingham had collar and cuffs of organdy.

Another question is from a listener who wonders why I haven't mentioned cotton charmeuse, in my talks on cotton fabrics. She says she finds it an excellent material for smocks and house dresses, and smooth

[illegible]

[illegible]

[illegible]

I have found [illegible] for fright masks, which I [illegible] [illegible] The [illegible] about 40 persons, [illegible] [illegible] [illegible] of the design for a [illegible] [illegible] [illegible].

However, there are [illegible] [illegible] [illegible] [illegible] which is served.

[illegible] [illegible] [illegible] [

and soft enough for her baby's first rompers.

I'm sorry I neglected to mention cotton charmeuse, and I'm glad you called my attention to it. Cotton charmeuse is sort of a step-cousin of the old stand-by sateen. Cotton charmeuse is lighter in weight than sateen, and more highly colored. Sateens, in printed patterns, have been on the market for many years. These were designed primarily for coat linings, and were large, scrolly designs, unsuitable for dresses.

But this spring cotton charmeuse has blossomed out in small neat patterns on the order of English prints. Because of its lustrous surface, and lovely texture, it has become very popular for sports dresses, smocks, and children's dresses. I've never seen babies' rompers made of cotton charmeuse, but I think it would be very suitable, for it is one of the smoothest and softest of the cotton fabrics.

Cotton charmeuse is also woven in striped and checked patterns, in the plain pastel colors. In this form, it is used for bloomers, chemises, slips, pajamas, night gowns, and so on.

Ordinary sateen is still used a great deal because of its durability and wide range of colors. In tan, blue, and green, it makes excellent play suits for small boys and girls.

The drapery shops are showing sateen in various schemes of interior decorating this spring. It has long been used as a lining for curtains and other draperies, but now it is being used as a drapery fabric itself. It comes in fast colors, and is an economical and serviceable fabric to use for pillow covers, bedspreads, and covers for comforters. Sateen combines well with cretonne, as valance, or trimming bands.

Now, instead of giving you a dinner menu, I am going to talk about cooling drinks, "something icy cold," to stimulate jaded appetites. The tinkle of ice against thin glass, a sprig of fresh mint, or a slice of lemon, atop a frosty liquid -- you know what I mean.

Almost any slightly acid fruit can be used as the basis for a good summer drink, if a small amount of lemon is added, to intensify the other fruit flavors. It is a practical plan to keep one or two bottles of water cooling in the ice box, so fruit juices can be diluted quickly.

If you want to convert a simple "fruitade" into a "punch," for festive occasions, use charged waters, such as apollinaris, or ginger ale. However, the fruit juices, diluted with water only, and well chilled, are very refreshing.

One does not need a special recipe for a fruitade. Any single predominant flavor may give it its name -- raspberry, grape, pineapple, or orange; often four or five fruits are blended, in approximately equal quan-

[illegible] for [illegible] Sister [illegible].

I'm sorry I neglected to mention [illegible] I [illegible] the [illegible] sailed my [illegible] to it. Cotton [illegible] [illegible] of the old [illegible] [illegible]. Cotton [illegible] [illegible] [illegible] [illegible] season, [illegible] nothing [illegible]. [illegible] [illegible] [illegible] [illegible]

tities. The flavor of peaches combines well with pear juice, pineapple, orange, and lemon. Write down this combination if you like: peaches, pear juice, pineapple, orange, and lemon. Other fruit juices which combine well are blackberry, raspberry, currant, grapefruit, limes, and plums. On a very hot day, lemon or lime juice is needed, to make the drink sufficiently acid to quench thirst.

The amount of water added depends somewhat on the kind of fruit used, and also on individual taste. A preponderance of very acid juices, like lemon or lime, will stand more dilution than the milder flavors. In general one part of water, to one of mixed fruit juice, can be tried at first, and more water added if desired. If the punch is made for adults, tea may be substituted for about one-third of the water; if the children are to have any, it is better to omit the tea.

Sugar should be added to fruit drinks in the form of sirup, to get the best effect, as well as to use the sugar in the most economical way. To make the sirup for fruit drinks, use two parts of sugar, to one of water. Simmer this for about 10 minutes, and then cool it before adding to the other ingredients. A quantity of sugar sirup can be prepared at one time, and kept bottled in the refrigerator. Left-over fruit juices may also be boiled with sugar, and kept in a cold place for short periods, until there is enough on hand to make up a good fruitade.

A bowl or pitcher of punch is especially attractive when decorated with a thin slice or two of orange and lemon, some chopped pineapple, a few colorful berries, or a sprig of mint. Professional caterers often include a slice of cucumber.

Now, if everybody is ready to write it down, I'll give you the recipe for fruit punch, which serves about 40 people. As I said before, a recipe is really not necessary, but if you are responsible for making punch for 35 or 40 people, it is helpful to have exact ingredients.

This recipe has ten main ingredients. If I read slowly, I believe you will have no trouble, in writing it. Everybody ready?

1 can grated pineapple
3 cups boiling water
1 cup freshly made, strong tea
Juice of 6 lemons
Juice of 10 oranges
1/4 teaspoon salt
1 quart grape, currant, loganberry, respberry or strawberry juice
2 pint bottles apollinaris or ginger ale.
2 pounds sugar, boiled with 1 quart water, for 10 minutes
Ice and ice water

[illegible]

[illegible]

[illegible]

Now let's check the ingredients. (Repeat)

Combine the pineapple, fruit juices, tea, salt and the sirup after it has cooled. It is better to make the punch a few hours ahead, and let it stand, closely covered, on ice to chill and ripen. At serving time, add the apollinaris, or ginger ale, and cracked ice and ice water to dilute to the strength desired. Garnish with thin slices of fruit, and mint leaves.

That's all for today. Tomorrow, a special dinner, which the Menu Specialist in the Bureau of Home Economics has just planned for you.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE ~~Fri. May 20/27.~~

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(NOT FOR PUBLICATION)

ANNOUNCEMENT: Aunt Sammy will discuss reliable methods of home canning today. There is also a dinner menu, including two recipes for an extra good dessert. Approved by the U. S. Bureau of Home Economics.

---ooOoo---

Thousands of homemakers in the United States ask the same question of the U. S. Bureau of Home Economics, every year. The question, in its simplest form, is this: "What is the quickest, easiest, and surest method of home canning the surplus from my garden and orchard?"

And the answer, also in its simplest form, is this: "Pack your foods, especially vegetables, boiling hot, and process every vegetable, except tomatoes, under steam pressure."

This answer is good enough, as far as it goes, but it does not go far enough for the inexperienced homemaker. For the benefit of the woman who needs more information about putting up fruit, and vegetables, the Bureau has outlined the following steps, in home canning: (Read slowly).

First, use only sound fruits and vegetables. The fresher they are, the better the flavor and texture will be, and the stronger the chances for keeping, if properly handled.

Second, pick over carefully, and wash, all fruits and vegetables, until every trace of dirt is gone. Use several waters if necessary, and lift the material from one to another, rather than pouring the water off.

Third, cook all vegetables for 5 to 10 minutes, in an open kettle, and pack them, boiling hot, into hot, clean glass jars or tin cans. This method is also good for some fruits. This short cooking drives out the air, shrinks the fruit or vegetable, and makes possible a better pack.

Fourth, seal the hot-packed containers immediately, and place them at once in the hot canner, for processing. Because the food has been packed hot, it reaches processing temperature more quickly. Also, the food in the center of the jar or can stands a better chance of being thoroughly processed. The hot pack therefore helps insure success in home canning.

Fifth, process all vegetables, except tomatoes, in the steam pressure canner. Fruits and tomatoes can be successfully processed in a water bath. Sometimes the water bath is satisfactory for other vegetables, too, but the steam pressure method is more dependable.

Directions for managing both types of canners and time-tables for processing all the common fruits and vegetables will be sent free on request from the U. S. Department of Agriculture, or write directly to me, in care of Station _____.

[illegible] ACTION)

[illegible] HOST: Aunt [illegible] dinner [illegible] as of home [illegible]
[illegible] for a dinner [illegible] invitation [illegible] for an extra [illegible]
[illegible] the [illegible] of home [illegible]

---oo---

[illegible] ministers in the United States [illegible]
[illegible] economics, every [illegible]
[illegible] cost, occasion [illegible]
[illegible] arranged."

[illegible]

[illegible] answer [illegible] enough for the [illegible] remember. [illegible] the benefit of the [illegible]
more information about [illegible] and [illegible]. [illegible]
the following [illegible] in home canning: (Film shown).

[illegible] only sound [illegible] and [illegible]. The [illegible]
[illegible] and [illegible] will be, and the [illegible] chances for [illegible]
[illegible] only [illegible].

[illegible] economic [illegible], all [illegible]
every [illegible] the [illegible] and [illegible]
[illegible] canning the [illegible].

[illegible] regulations for [illegible] open
[illegible] glass jars [illegible]
[illegible] canning [illegible]
[illegible] possible a better product.

[illegible] the [illegible]-packed containers [illegible]
[illegible] for processing, because the [illegible]
[illegible] more quickly. [illegible]
[illegible] chance of being thoroughly [illegible]
[illegible] means in no [illegible].

[illegible] more [illegible] consumers. [illegible]
[illegible] fully [illegible]
[illegible] is [illegible].

[illegible] margin [illegible]
[illegible] and [illegible]
[illegible] agriculture, or [illegible]

Lastly, as soon as processing has been done for the required time, remove the products, from the canner, and test for leaks. Plunge tin cans into cold water, and invert the glass jars. Mark each batch, and keep them at ordinary room temperature for 10 days. Look them over occasionally, and discard any which show signs of spoilage.

There is another question which I anticipate will be asked of me, this spring. The question follows: "Just what is the hot pack method of canning, and why is it any better than the old-fashioned open-kettle method?"

Hot pack in home canning is a method of packing fruits and vegetables in the cans, or glass jars, ready for processing in boiling water, or under steam pressure; it is not a complete method of canning. The hot pack helps to cut down the chances of spoilage, but it is the processing which follows that destroys the most troublesome bacteria. The hot pack is recommended by the U. S. Bureau of Home Economics for some fruits, and for all vegetables.

The hot pack is not a rival of the old-fashioned open-kettle canning. By that method, the food was cooked in an open vessel until tender, and supposedly free from bacteria. Then the food was filled into sterilized jars, sealed air-tight, and stored. Unfortunately, into the jars, with the food, went bacteria from the air, from ladles used in filling, and sometimes from hands, or cloths that accidentally got in the way. Sometimes these bacteria were sufficient to cause spoilage, and sometimes not. It was chiefly a matter of luck.

The hot pack, followed by processing in water-bath or steam-pressure canner, is a much more reliable method. The food is packed hot, then it is processed in sealed containers. This heat of processing kills the bacteria that were in the food when it was packed, and the air-tight seal prevents any more bacteria from entering.

If you have a surplus of fruits and vegetables to can this summer and fall, and are interested in hot pack canning, I suggest that you send for the bulletin on "Canning Fruits and Vegetables at Home." A knowledge of reliable methods of canning may save two or three dozen jars of fruit next winter, when fresh fruit is hard to find.

Next on today's program is a spring dinner menu, and two recipes. The menu includes Boiled Smoked Ham, hot or cold; beet greens; creamed potatoes, and for dessert, Strawberries Supreme with Scotch wafers.

The two recipes are for Strawberries Supreme and for the Scotch Wafers.

First, the Strawberries Supreme. This is the way they are served at one of the hotels in London. English strawberries are very large, and mild in flavor, and such berries are the best kind to serve this way. The ingredients are four, as follows:

1/2 pint double cream
1 quart selected very ripe berries
1/2 cup powdered sugar or more
1/8 teaspoon salt

[illegible] on a processing [illegible] for the required time [illegible] the products, [illegible] cooker, and test [illegible]. Finally, [illegible] water, and inv[illegible] glass jars. [illegible] boiling them [illegible] room temperature [illegible] 10 days. [illegible] and observe any [illegible] signs of spoilage.

In an[illegible] anticipate will be asked [illegible] question follows: [illegible] what is the best method [illegible] any better than the [illegible]-fashioned open-kettle method?"

Hot pack in home canning is a method of packing fruits in [illegible] the [illegible] glass jars, ready for processing in boiling water, or under [illegible] pressure; it is not a complete method of canning. The hot pack helps to [illegible] the chances of spoilage, but it is the processing which follows that [illegible] the most troublesome bacteria. The hot [illegible] recommended by the [illegible] of Home Economics for some fruits. [illegible] vegetables.

[illegible] pack in [illegible] of the [illegible] procedure [illegible] the food was cooked in an open [illegible] with water [illegible] sterilizer. Then the food was filled into sterilized jars [illegible] and [illegible]. Unfortunately, [illegible] the jars will be [illegible] from the [illegible] ladies used in Hill [illegible] and sometimes [illegible] hot accidentally [illegible] in the way. Sometimes there [illegible] change [illegible] and a [illegible] was chiefly [illegible] water or [illegible].

The [illegible] pack followed [illegible] processing in water-bath or [illegible] is a reliable method. The food [illegible] cooked [illegible] jars. This part of processing [illegible] recooked, and the air-tight [illegible] [illegible].

If you have a surplus of fruits or vegetables [illegible] are interested in hot pack canning, [illegible] send for [illegible] "Canning [illegible]" [illegible] information at once. [illegible] reliable [illegible] canning [illegible] of fruit must listen. When [illegible].

[illegible] program [illegible] inner [illegible] to recognize [illegible] dam [illegible] grapes; [illegible] water [illegible] temperature [illegible] surface.

[illegible] for [illegible]

[illegible] is the [illegible]

Four ingredients: (Repeat)

Wash the berries well, drain, and cap. Whip the cream until thick, add the salt, and the sugar. Continue the whipping until all are well blended. Fold the berries into the cream, until each berry is coated with the cream. Take care not to crush them. Serve at once. If the berries stand, after combining with the cream, the juice is likely to be drawn from them, and the cream thinned.

Next, the Scotch Wafers, made with rolled oats. These cookies are not rich, and are good for children. Seven ingredients for Scotch Wafers:

2 cups rolled oats
1 cup wheat flour
1/2 cup sugar
1/2 teaspoon salt
2 teaspoons baking powder
3 tablespoons cooking fat
1/3 cup milk

Seven ingredients: (Repeat)

Mix the dry ingredients in a bowl, add the shortening, and mix together thoroughly. Add enough milk to make a dough sufficiently hard to roll (about 1/3 of a cup). Knead this dough well; roll very thin, and cut with a biscuit cutter. Bake in a moderately hot oven. When cool, the wafers should be very crisp. Raisins may be added. If you add raisins, chop them very fine, and if necessary use a little more flour in rolling out the wafers.

The menu, again, for this spring dinner: Boiled smoked ham, hot or cold; beet greens; creamed potatoes; Strawberries Supreme; and Scotch Wafers.

# # # # #

Ingredients. (Repeat)

[illegible] berries well, drain, and cap. [illegible] thick, add one salt, and the sugar. Continue the [illegible] until all are well blended. Fold the berries [illegible] the cream, which [illegible] to [illegible] with the cream. Then [illegible] to cool. Serve at once. If the berries stand, after combining with the cream, this juice [illegible] to be drawn from them and the cream flavored.

[illegible] Scotch Tatters, made with rolled oats. These cookies [illegible] are [illegible] for children. Seven Ingredients for Scotch Tatters:

2 cups rolled oats
1 cup wheat flour
1/2 cup sugar
1/2 teaspoon [illegible]
[illegible] cup melted [illegible]
[illegible] teaspoon cooking [illegible]
1/2 cup milk

Seven Ingredients [illegible]

[illegible] day [illegible] ingredients [illegible] bowl, and the sheet [illegible] thoroughly. Add enough milk [illegible] sufficiently [illegible] [illegible] the dough [illegible] very thin, [illegible] [illegible] moderately hot oven [illegible] cool, [illegible] the very [illegible] [illegible] side. If you add nut [illegible] drop them [illegible] necessary [illegible] are in rolling out [illegible] tatters.

[illegible] again, for this serving [illegible] [illegible] [illegible] mashed potatoes; Sweet [illegible] Supreme, [illegible]

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

Housekeepers' Chat Mon. May 23/27.

PROGRAM..... RELEASE.....

(NOT FOR PUBLICATION)

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ANNOUNCEMENT: Questions and Answers, a spring dinner menu, and a recipe today. Approved by the U. S. Bureau of Home Economics.

---ooOoo---

I have a letter which I believe will interest you, whether you live in city, town, or country. The letter is from a listener in Ranger, North Dakota, who has tried the radio recipes, and wants a copy of the cookbook.

"We live 36 miles from a railroad," she writes, "and our neighbors are about two miles or more apart, so we women don't have much chance to get together and exchange recipes. There are no social gatherings in this stock country, but the cowboys surely like to eat three big squares every day. I am glad to be able to cook, but would like to learn different ways of combining foods."

It happens that the Menu Specialist in the Bureau of Home Economics has included a new food combination in today's dinner, which I think will please my North Dakota listener. I know from experience that cooking "three big squares" a day for hungry men and boys is a serious business, and that practical, tested recipes are welcomed by the person who is responsible for the three meals a day.

Now let's answer a few questions, and then return to the subject of food.

First question: "Please tell me how to finish an old wood floor, which has been covered with carpet for a good many years."

First of all, make the floor as tight, level, and smooth as possible. It may be necessary to plane or sandpaper the floor. All remnants of tacks must be drawn or driven below the surface with a nail set. Then scrub the floor clean with hot soapsuds, or some other cleansing agent, and rinse it with clear water. If there are stains in the wood, perhaps you can bleach them out with a solution made in these proportions: Dissolve 1 teaspoon of oxalic acid in 1 cup of hot water. This liquid is poisonous, and must be handled carefully. Spread the liquid on the floor, and let it stand over night. Be sure to remove all traces of both the cleansing agent and the acid, or they will injure the finish later. When the floor is thoroughly dry, it may be stained, varnished, oiled, or painted, as though it were new. After the first coat of finish has been applied and allowed to dry, fill the cracks and holes with crack filler, colored to match the floor. You will find directions for making various kinds of crack fillers in the bulletin on "Floors and Floor Coverings." This bulletin is free, and contains information which is decidedly useful around housecleaning time.

Second question: "What is the correct way to remove varnish or paint from a floor?"

Varnish or paint can be removed from a floor by scraping and planing, or

by applying a chemical varnish remover. The first method, although rather tedious is better, and is the only one that will give good results if the floor has been stained. After a floor has been scraped, planed, and sandpapered, it can be finished as though it were new.

Third question: "How are dandelion greens prepared?"

The time to gather dandelion leaves is very early in the season, when they are young, tender, and least bitter. The crown, roots, and large outer leaves are discarded. Many methods of preparation have been tried to modify the bitter flavor of dandelion greens. The method of long boiling in several waters is not desirable, since most of the valuable food matter in the greens is then thrown away. A better method is to combine the dandelion greens with other vegetables or flavors which modify the bitterness, and at the same time, to avoid overcooking. Raw dandelion leaves or those cooked without water are less bitter than those that have been boiled. Vinegar or acid dressings help, and so do foods of strong flavor, such as celery, and some meats. Crisp salt pork or bacon is frequently served with dandelion greens for this reason. Blends of dandelion and other greens are better than the dandelion alone.

Fourth question: "Do raw onions make a person drowsy?"

So far as known there is nothing in onions either raw or cooked that would tend to make a person drowsy. If one feels that way after eating a meal including onions, it is probably just the relaxation that often comes after eating good food, and perhaps more of it than the body really needs.

Last question: "Please tell me an easy method for making strawberry shortcake."

There are two kinds of strawberry shortcake, both of them delicious-- the old-fashioned, biscuit dough shortcake, served warm, and the cake type. It's all a matter of personal preference, of course. The cake kind is very good, and there are many times when the homemaker finds that it is far easier to make a sheet of cake early in the day, or buy it and put her dessert together a little before dinner, than to manage hot biscuit the last thing before dinner is served. The members of my family are particularly partial to good rich rounds of light biscuit, split in the middle, generously buttered, and just dripping with crushed berries, spread over the biscuits the very last thing. I like to put the best berries-- the perfect, extra large, whole ones, on top where they will show, and serve the cream from a separate bowl. Some people, though, enjoy this sort of shortcake more without cream.

Now, if you will take your pencils, I'll give you a dinner menu, and a recipe. The menu includes Fresh Fish; Scalloped Asparagus and Spaghetti; Pickled Beets; and a combination dessert of sliced pineapple, fresh or canned, and strawberries.

That's a very good-sounding menu, and so I told the Menu Specialist. However, I was somewhat doubtful about the fresh fish. You see the Menu Specialist was brought up where fresh fish is plentiful the year around. I spent a good many years far inland, where "fish" meant canned salmon, or a can of

sardines. Fresh fish was rare in our markets, and frozen fish was almost unknown.

People who live near the sea, near lakes or rivers or fast-running streams, are fortunate in being able to serve fresh fish often. For the sake of health, fish should be included in the menu often. Fish is rich in iodine, which helps prevent goiter.

"What are you going to do," I asked the Menu Specialist, "if you can't get fresh fish?"

"I'd have some kind of fish", she insisted. "Canned, or dried, or pickled, or smoked, or soused, or kippered. Nowadays salt fish, smoked fish, and canned fish can be had in almost every part of the country. The trouble is that the average housewife who lives far inland is acquainted with only six or seven varieties of fish. As a matter of fact, there are more than 250 different kinds of food fishes, not to mention shell fish, available to American housewives. And each one of these can be prepared or cooked in different ways. For instance-- "

"Please wait!" I insisted. "Let's wait until next year, to go into the different ways of cooking 250 different kinds of food fishes, not to mention shell fish."

"Very well," agreed the Menu Specialist. "But if all housewives realized how important sea products are, and how perfectly delicious they are when cooked correctly, I'm sure they'd be served more often."

I think she is quite right about the fish, and next year I shall try to include plenty of fish recipes in the "Housekeepers' Chats."

I won't go into detail about cooking fresh fish, for if you are fortunate enough to have it, you probably know all about cooking it.

But I'll give you the recipe for Scalloped Asparagus and Spaghetti. This recipe is from the Bureau of Home Economics, and that's enough recommendation for any recipe. Nine ingredients, for Scalloped Asparagus and Spaghetti:

2 cups cooked spaghetti
2 cups asparagus, cut in inch pieces
1 cup rich milk or cream
1 cup asparagus water
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1/2 cup fine buttered bread crumbs
3 or 4 drops tabasco

Let's check the nine ingredients: (Repeat)

The spaghetti must be thoroughly cooked in salted boiling water and then drained. Cook the asparagus for ten minutes. Prepare a sauce of the flour, butter, milk, and asparagus water, and add the tabasco and salt. Grease a

[illegible] are in our markets, and frozen fish [illegible]

[illegible] the [illegible] lemon or citron or fruit-flavoring [illegible] [illegible] from [illegible] fish [illegible]. For the sake of health, [illegible] [illegible] more often. [illegible] in vogue in boiling, which helps [illegible] [illegible]

[illegible] "[illegible]," I [illegible] the [illegible] [illegible] [illegible]

[illegible] "[illegible] the [illegible]." "Canned, [illegible] [illegible] [illegible]

casserole and put in a layer of the cooked spaghetti and then one of asparagus. Cover with the cream sauce, continue until all ingredients are used. Cover the top with the buttered bread crumbs. Place in an oven until the crumbs are golden brown.

To repeat the menu: Fresh fish; Scalloped Asparagus and Spaghetti; Pickled Beets; and a dessert of pineapple and strawberries.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Tues. May 24, 1927

NOT FOR PUBLICATION

1.9
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ANNOUNCEMENT: "Fine Points on Jelly Making" is the subject of today's chat Also a menu, and something new in recipes. From the U. S. Bureau of Home Economics.

---ooOoo---

Something tells me that it is time to discuss the fine points in making jelly.

For surely there is no housewife in the land who is not interested in having a shelf of clear, sparkling, quivering jelly, to serve with hot biscuits and butter, with waffles and pancakes, with meats and with omelets, with cakes and little cookies, and jelly roll, and as a garnish for fancy desserts.

And please, if you have boys and girls in high school or college, don't forget to make a few special glasses of jelly for them. Use dainty little glasses for the girls, and good substantial ones for the boys. One thing about my school days that still lingers is the memory of the homemade jelly my mother used to send in my laundry box. I was interested of course, in clean blouses and skirts, but I always searched for the jelly, before I unfolded the clothes.

And like as not, some one will be reminding you before long that there are only 215 shopping days until Christmas. I don't want to rush the season, but I do think a few glasses of currant, or raspberry, or blackberry jelly would be greatly appreciated as a gift.

Now let's gather around, you expert jelly makers, and talk about making jelly. When you make jelly, how do you judge whether or not it is a success? Don't you consider flavor and texture, the chief points? Of course, the color, and the sparkling clearness, are also important. But color and sparkle do not count for so much, in the opinion of expert jelly makers, as the delicious fresh "fruity" flavor, by which one can tell raspberry from currant jelly with the eyes shut, and the tender quivering texture that the very word "jelly" calls to mind.

As with most everything else, there is a right way and a wrong way to make jelly. The wrong way, I won't even mention, because it results in weak, watery, flavorless, colorless products that no expert housewife wants on her table.

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[illegible] "[illegible] Dear [illegible]" [illegible] subject of today's chat [illegible] and [illegible] in [illegible]. [illegible] R. [illegible] of [illegible] [illegible].

[illegible] use the line points in [illegible] [illegible].

[illegible] in the [illegible] who is not [illegible] in [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible]

But the right way of making jelly results in a clear, sparkling, quivering, tasty fruit product that never lasts long enough.

Let's confine our talk today to directions for making jelly from raspberries, blackberries, currants, and other summer fruits.

The first rule is to use, if possible, a half-and-half mixture of under-ripe and ripe fruit. The under-ripe gives the best texture, and the over-ripe the best flavor. Therefore, such a combination is just what we want--in other words, it's ideal. If you must use fruit which is over-ripe, add a little lemon juice to the fruit juice, just before it is combined with the sugar. One tablespoon of lemon juice, to each cup of fruit juice, is the correct proportion. The lemon juice improves the flavor, the texture, and the clearness, particularly of blackberry jelly.

Wash the fruit thoroughly, but do not let it soak, and be careful not to break the tender skin.

Make jelly from 6 to 8 pounds of prepared fruit at a time. This quantity is easy to handle, and can be cooked quickly. The long cooking, necessary for large quantities, tends to destroy the fresh fruit flavor, and the brilliant color. Crush some of the fruit, to start the flow of juice, and boil it rapidly, stirring all the time, for 3 to 10 minutes, depending on the condition of the fruit. Juice for jelly making can be extracted from all berries and from many other fruits without adding water, and when done by this method has a richer flavor. Blackberries are an exception. Blackberries seem to yield better and more delicately flavored jelly, if a fourth to a half cup of water is added to each pound of berries.

When the fruit is cooked, pour it into a bag made of two or three layers of cheesecloth, and let the juice drain off. As soon as the juice stops flowing, press the bag lightly, two or three times, but do not squeeze it. If you squeeze the bag, bits of the crushed fruit will come through and make the jelly cloudy.

When fruit is scarce, boil the drained fruit again, with half its measure of water, from 8 to 10 minutes, and drain off the juice as before. This second extraction is likely to be fairly rich in pectin, and rather poor in flavor, but, combined with the first, it makes satisfactory jelly.

For each cup of fruit juice, use three-fourths to one cup of sugar. Too much sugar in proportion to pectin may prevent the jelly from "jellying," or make it sirupy, while too little sugar in proportion to the pectin, may result in tough jelly, of poor flavor. With most berries, however, unless the fruit is over-ripe, the happy medium is not difficult to strike.

For boiling down the juice and the sugar, use a large, flat-bottomed pan, so that evaporation will be rapid. Stir until the sugar is dissolved. Then boil rapidly, until the mixture "sheets" from the spoon. Remove from the fire at once, and pour into low glasses, which have been washed, and boiled for twenty minutes.

Fill the glasses carefully, and do not allow any jelly to drip on the inside edge near the rim. Cover the glass with a sheet of paper, or a clean cloth, to protect from dust. Let the jelly stand until it is firm. If the jelly does not set firmly the first day, do not be discouraged, but cover it well, and put it in the sun for three, four, or maybe five days. Jelly that "sets" slowly is sometimes the best in texture.

After the jelly has set, but not until then, cover each glass with paraffin, hot, but not smoking. Rotate the glass, while the paraffin hardens, so that it forms a high rim. Adjust the tin tops of the glass, label with kind and date, and store in a cool dry place.

If you want more detailed information about making jelly, please write to me. By the way, here's an item which may interest you. Almost 500,000 copies of Farmers' Bulletin Number Fourteen-Seventy-One, on "Canning Fruits and Vegetables at Home," have been distributed during the last year. Think of that! Practically half a million copies! The second most popular bulletin during the past year was the one on "Home Baking." If you do not have these bulletins, you may get them free, by writing to me, or to the Department of Agriculture. That is, they are free as long as the supply lasts.

Now, if you are ready for it, I'll broadcast a menu which is suitable for either lunch or supper: Asparagus custard: potato cakes; cornbread; and strawberries.

Asparagus custard is a fine dish to serve if you are tired of asparagus served plain, or if you want to get more milk and eggs into your meal.

Six ingredients, for Asparagus Custard:

1 pint milk
2 cups raw asparagus, cut in small pieces
3 eggs
1/2 teaspoon salt
3 tablespoons butter
Few drops tabasco
Six ingredients: (Repeat)

[illegible]

[illegible] cleanse, sterilize, and so not allow any [illegible] on the [illegible] the pint. [illegible] the pint with a sheet of paper, or a clean [illegible]. [illegible] jelly [illegible] in time. If the [illegible] day, so not be [illegible], but never [illegible] the [illegible], four, or five days. Daily that [illegible] [illegible] [illegible]

Cook the asparagus in a small amount of water, until almost tender. Beat the eggs slightly. Add the milk and seasoning. Then add the cooked asparagus, and the water in which it was cooked, if not more than one-half cup. Grease a casserole, and pour in the mixture. Bake in a pan surrounded by water, in a moderate oven, until set in the center. Serve at once.

Once more, the menu: Asparagus Custard; Potato Cakes; Cornbread; and Strawberries.

Wait-- just-- one-- minute! Wouldn't ice cream be good under those strawberries? 'Twould make a beautiful dessert, and we haven't had ice cream for ages.

Let's make some, and freeze it at home. I have a dandy recipe for French Vanilla Ice Cream. It requires six ingredients, too. The ingredients are:

1 quart milk
1/2 pint double cream
4 eggs
3/4 cup sugar
1/4 teaspoon salt
1-1/2 teaspoons vanilla
Let's check the 6 ingredients: (Repeat)

Prepare as for custard, by pouring some of the heated milk into the lightly beaten eggs. Then cook the milk and eggs, with the sugar and salt, in a double boiler, until the custard coats the spoon. Cool, add the double cream, and vanilla. Mix well, and freeze.

For the freezing mixture, use one part of salt to 4 to 6 parts of ice. Turn the crank slowly during freezing.

That really is all, and I think the menu sounds lots nicer with the French Vanilla Ice Cream.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

Housekeepers' Chat Wed. May 25,1927.

PROGRAM..... RELEASE.....

NOT FOR PUBLICATION

ANNOUNCEMENT: Hints for the home dressmaker are discussed today -- mainly cutting a pattern, and getting a garment ready for the first fitting. In formation on sewing, dinner menu, and recipe from the U. S. Bureau of Home Economics.

---ooOoo---

Here's the letter which is responsible for the subject of the program today:

"Dear Aunt Sammy: Won't you please devote at least one program to the problems of the home dressmaker? My particular problem is getting a dress to fit me. I am a sixe 38, short and stout. Commercial patterns, size 38, always require altering before they fit me, and even then my dresses never look quite right, about the neck and shoulders. I will appreciate any assistance you can give me.-- A Faithful But Neglected Listener."

Truly, Aunt Sammy is quite downhearted to think she has neglected any faithful listeners. But with such a big audience-- it's difficult to get around to everybody-- it really is.

Now let's see what we can do for a short, stout 38, so that her next summer frock will be as ritzy as any on Fifth Avenue, as smart as the models seen on the Rue de la Paix:

Select a style suited to your own figure, and buy the make of pattern that you have found easiest to fit. Remember these points about style: on a stout figure, a set-in sleeve is better than the raglan or the kimono style. On a stout figure, raglan and kimono style sleeves mean ugly wrinkles under the arm, which cannot be fitted out. However, these styles are all right on the slender, square-shouldered type.

We shall start with the pattern. If you use a commercial pattern, check the measurements of your own figure with those of the pattern, and make the alterations, so far as possible, before the garment is cut. The most important alteration, for a short figure, is to shorten the pattern, without changing the proportions of the design. Fold a tuck in the pattern, half way between the armscye and the waist line, and another tuck, half way between the waist line and the bottom. Of course, the neck and shoulders and other parts may have to be fitted when the garment is tried on.

Another suggestion-- if you are an inexperienced dressmaker, choose a firmly woven material which won't stretch, and pull out.

R.H.C. 5/25/27

Now we're ready to talk about cutting. For any type or kind of garment, there are several rules in cutting which should be carefully observed, if the dress is to fit perfectly.

Instead of cutting the dress first, make a guide or foundation pattern, of good quality unbleached muslin, cambric, gingham, or any other firm cotton material. This fitted guide may be used for cutting most any dress. If you use a large-checked gingham, for your information pattern, the crosswise and lengthwise threads will be easy to follow. A simple dress pattern with a normal shoulder seam, high-neck line, and set-in sleeves, is best for this foundation model. You can fit your own foundation pattern, but it is better to have help with the fitting.

In cutting either the dress or the foundation pattern, keep the pattern straight, with both the lengthwise and the crosswise threads of the material, and be sure the material is free from wrinkles and creases. For example, when cutting a sleeve, the lengthwise pattern markings must be kept straight with the lengthwise threads of the material. The under-arm seam points, at the armscye, must fall on the same crosswise threads of the fabric. If the material is folded, lengthwise or crosswise folds must be exactly parallel, or at right angles, with the selvages. For instance, sometimes when one is cutting a sleeve, it's a great temptation to swing the pattern over just a half inch off center, so it won't be necessary to piece a small corner. That half inch off center may ruin the style of the finished garment.

Lay the pattern on the material with the least possible waste. Use pins or weights, to hold the pattern securely while cutting. Never cut notches in the material. Mark the perforations and notches with chalk, or tailor's tacks. Especially in silk and wool garments, mark the center front, and the center back, with a long uneven basting, as a guide for accurate fitting, and the correct placing of pockets, trimmings, and so on.

And here's a bit of dressmaking information I have learned lately from the clothing specialist in the Bureau of Home Economics. To insure a perfect fit across the back and shoulders of a garment, do this: Before you cut out your dress, be sure that the shoulder line of the back section of the pattern, is one-half inch longer than the shoulder line of the front section. This extra length is eased onto the front edge, when the shoulder seam is basted. If the pattern has not made this allowance, cut the dress that way anyhow, especially for the figure that is even slightly round shouldered. To add this amount, lay a tiny lengthwise fold in the material, through the center of the back shoulder, before cutting. If necessary, a similar amount may be added at the center back of the neck, which must be shirred or tucked an inch or two below the neck-line. This fullness gives needed room across the shoulder blades.

When cutting out a garment, follow the edge of the pattern exactly. Most patterns allow for seams. If the edges are not followed accurately, the garment, when basted up, is larger than intended in some places, and smaller in others, and fitting becomes more difficult.

After the foundation pattern is fitted, if both sides are alike, or nearly so, cut it down the center front and back, and use one-half as a pattern for simple dresses, the other as a basis for designing new styles. Or fold the pattern down the center and stitch it double. This makes it heavier, and allows it to cling more closely to the material when used. This foundation pattern must not stretch, so stitch all the pieces one-eighth inch from the edge. Stitch all the seam and dart lines with contrasting thread, so the pattern will be reversible. Mark the straight of the material in each piece of the cloth pattern by making a slash 6 to 8 inches long, exactly following a thread of the material. If the two sides are very different, save the whole pattern, and mark plainly the right and left sides.

If there are darts marked in the pattern, baste these carefully, with a small running stitch, before any of the seams are made.

Before basting a seam, place pins the entire length, every four to six inches, at right angles to the seam line. This will keep one side from stretching more than the other. Holding the bias side next to the worker when basting also helps prevent stretching. When making garments of firm materials, which have been cut by a fitted foundation pattern, no basting is necessary, if the seams are carefully pinned.

Never fit a garment wrong side out. A person's right and left sides are seldom exactly alike, and when the garment is turned right side out, it may not fit smoothly.

Whether you are making a foundation pattern or a dress, baste or pin the shoulder and underarm seams first, in preparation for the first fitting. When you baste the shoulder seams, ease in the extra length allowed on the back shoulder edge, holding the longer side on top. If you add extra width at the center back of the neck, take it up by shirring, or by making a group of tiny tucks. On some figures, such a group of tucks improves the appearance, even if allowance was not made for them.

Before beginning to fit the garment, adjust it to the figure, and pin the front closing together, without any more lap than it will have in the finished garment. If the dress is to have a belt or sash, adjust a tape to mark the line, and slope it down slightly from the back, toward the front. This so-called waistline can be lowered or raised, to suit the individual figure. As it is a horizontal line, it should not be placed so as to divide the garment in two equal parts.

This concludes our dressmaking talk for today. I shall try to give you more information on sewing, some time soon.

If you will take your pencils now, I'll give you a dinner menu which is particularly appropriate for spring days. Everybody have a pencil? The dinner menu includes Baked Eggs and Cheese; Peas; New Potatoes with Parsley Butter; and Strawberry Shortcake.

[illegible]

[illegible] foundation [illegible] the center from [illegible] back, [illegible] [illegible] [illegible]

R.H.C. 5/25/27

Perhaps I'd better give you directions for making Baked Eggs and Cheese, in case the combination is new to you:

Break the desired number of eggs in a shallow greased earthenware or glass baking dish, add a few tablespoons of cream and salt enough to season, and sprinkle over the top grated cheese mixed with fine, dry bread crumbs. Set this dish in a pan containing hot water, and bake in a moderate oven until the eggs and the crumbs are brown. Just before serving, add a few dashes of paprika.

To repeat the menu: Baked Eggs and Cheese; Peas: New Potatoes with Parsley Butter; and Strawberry Shortcake.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM ~~Housekeepers' Chat~~ RELEASE ~~Thur. 5/26.~~

NOT FOR PUBLICATION

ANNOUNCEMENT: Information on canning, a recipe, and advice on selecting shoes today. Approved by U. S. Bureaus of Home Economics and Chemistry.

* * * * * *

The radio question box is beginning to have a "lean and hungry look." Perhaps by tomorrow it will be quite empty, except for the questions which will be answered by mail. If I haven't answered your questions on the air, you may expect a written reply some time soon.

I have selected three questions for today which I think are of general interest. The first one is this: "Do you think it pays the average housewife to put up a great quantity of fruits and vegetables?"

In Doctor Louise Stanley's bulletin, "Canning Fruits and Vegetables at Home," there is a short discussion of the reasons for canning food.

Canning, according to Doctor Stanley, is a desirable and economical method of preserving many foods, by means of which their use is distributed over seasons, and in places, where they are not available, when fresh. Canned foods thus add variety, and make possible a better-balanced diet at all seasons. And the value of a well-balanced diet is something which cannot be measured in dollars and cents.

Of course, what foods should be canned, and how much should be canned, depend upon conditions in each household. Canning should not be considered an end in itself, but a means of preserving surplus food, so that it may be used later to good advantage. When fruits and vegetables are in season, it is wise to use them in abundance, for they are much more palatable fresh than canned. It is poor economy to cut down on the use of fresh food, in order to have a supply to can. But if you have more fruit than you can use in the summer, and if you have been far-sighted enough to plant more vegetables than are needed to supply the table in the summer time, can the surplus. That is, can the fruits and vegetables which won't keep otherwise. It is usually a waste of effort to can vegetables that may be stored, such as mature beets, turnips, carrots, sweet potatoes, parsnips, winter squash and pumpkins. But in some cases, it is a good idea to can small quantities of such vegetables, for use in the late spring and early summer, when the stored ones have deteriorated, and the new crop is not yet ready.

Here's another item the thrifty housewife takes into consideration. If she has to buy her fruits and vegetables for canning, she compares their cost with the commercially canned product. It's rather foolish to pay a high

price for fresh fruits and vegetables, then spend hours canning them, if the same product commercially canned may be purchased for less than the price of the fresh food.

Canning should usually be confined to periods when fruits and vegetables are most abundant, as freshness, quality, and price, are then most generally satisfactory.

The second question is also about canning: "Please tell me how to can asparagus, in a steam-pressure canner."

For canning, select asparagus that is fresh and tender. Pick it over carefully, and discard any imperfect pieces. Sort it according to size, and wash thoroughly. Then tie the asparagus in uniform bundles, and place it in a saucepan, with boiling water over only the tough, lower portion. Cover the pan tightly, and boil for four or five minutes. Or, you may cut the asparagus in half-inch lengths, add enough water to cover, and boil for two minutes, in an uncovered vessel. Pack boiling hot into the cans, cover with the water in which the asparagus was boiled, and add 1 teaspoon salt to each quart. Process immediately at 10 pounds pressure, or 240 degrees Fahrenheit. Process the quart glass jars for 40 minutes, pint glass jars for 35 minutes, and No. 2 and No. 3 tin cans for 30 minutes.

I want to recommend once more the bulletin on "Canning Fruits and Vegetables at Home," which is sent free to every homekeeper requesting it.

Third question: "I have a question which I believe has not been asked of you this year. Do you think it advisable for a baby to wear shoes, before it begins to walk?"

I think it is extremely unadvisable for a baby to wear shoes before walking time. However, to substantiate my opinion, I asked a man in the Bureau of Chemistry, who has made a study of foot troubles, and shoes, what he thought about it.

"Aunt Sammy," he said, "can you think of any good reason for a babe in arms wearing shoes? Of course you can't. Shoes put on a very young baby are generally for appearance, and often do more harm than good. The first walking shoes should have flexible but firm soles, unpolished, and broad enough to be a steady platform, under each small foot. If the soles are too soft, they curl, and make it more difficult for the baby to learn to keep his balance. The soles should not be too stiff, or boardlike, either. The toes of the uppers should be full, or puffy, and not, as they often are, so flat that the leather pulls straight back from the end of the sole, and cramps the baby's toes. Babies' and children's shoes should be very carefully fitted, for the bones of a young foot are easily twisted, and bent out of shape, by shoes that do not fit."

"That's what I thought," said I. "And the shoes must be large enough, too."

"Certainly," agreed the man, but not too large. Shoes that are too large are a misfit. If there's too much room in the shoe, the foot is not snugly supported. Blisters are often formed, especially on the heel, by the rubbing of the foot against the inside of a shoe that is too large. Incidentally, neglect of foot blisters may result in serious infection.

"By the way, Aunt Sammy, the heels on your shoes are just a trifle higher than they out to be, considering the walking you do."

"They're not high," I objected, "compared with the heels on most women's shoes."

"Too high for walking!" insisted the man. "Heels that are too narrow or too high, or incorrectly pitched, frequently cause weakened ankles, a wobbly walk, strained muscles, and slipping, twisting, and falling, with serious sprains and injuries at times. The weight of the body is thrown upon the toes, and the feet are jammed into the fore part of the shoe, causing bruises, corns, weakened and crushed arches, and bent toes. The evils of high and narrow heels for women, particularly for women who are on their feet most of the day, cannot be over-emphasized. Such heels also soon run down on one side, and frequently gap or pull loose from the shoe. Shoes with high narrow heels are more readily twisted out of shape, too, than those with low broad heels."

"You are probably right," I said, "but these shoes felt perfectly comfortable, as soon as they were broken in."

"Broken in!" cried the man. "Don't you know that new shoes, which fit correctly, do not need to be broken in? If they fit, they are comfortable from the start. Always have new shoes fitted with the entire weight of your body on your feet, as your feet are then at their largest. Do you know what size shoe you wear, Aunt Sammy?"

"No," I admitted, "not an extremely large one, I think."

"Vain women," sighed the man. "It's because of you women, and your desire to think you're wearing small shoes, regardless of the size of your feet, that some shoe manufacturers have adopted code, or secret numbering systems, for shoes. In this way, they render a real service in fitting the feet. Shape and fit are better guides to the right shoe, than the size stamped on the lining. Your shoes are a very good shape, even though the heels are a trifle high. The toes are broad and round, and the inner edge of the shoe is straight. The soles are moderately thick, which is a virtue. Often the

soles of women's shoes are so thin that walking on any but the smoothest of surfaces becomes painful. The feet soon become bruised and calloused. Thicker soles afford more protection to the feet, not only against injury from sharp and uneven surfaces, but against water and slush as well. Furthermore, thicker soles last longer, which is an item not to be sneezed at, Aunt Sammy."

"Thank you kindly," said I, returning my handkerchief to my pocket. "I wasn't sneezing at your information. I have a slight cold. Now, if you have finished, I'll conclude my Housekeepers' Chat with a good recipe for Corned Beef Hash."

"Corned Beef Hash!" exclaimed my friend. "Just what I've been urging my wife to cook. How do you make it?"

"Get your pencil," said I, "and write down the ingredients, four of them:

1 pound cooked corn beef
5 boiled potatoes
Onion to flavor
Dash of cayenne

Now check the ingredients, to be sure you have them all: (Repeat)

Put all of the ingredients through the meat grinder, using the fine knife. Grease lightly a heavy iron skillet. Pat in the hash, in an even layer, and cook over a low heat, until a golden brown crust is formed. When Brown, place a pan or lid over the skillet, and turn the hash out so the browned side is on top. Slip the uncooked side into the skillet, and allow this side to cook a golden brown. Turn onto a plate in the same way as when first turned, and garnish with parsley.

"Much obliged," said the man. "come again, when you want more information on shoes."

Which I will, but not until I get a pair of shoes with heels so low that he can't criticize them.

Tomorrow a good dinner menu, with strawberry ice cream.

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

Housekeepers' Chat — Fri. May 27.

PROGRAM..... RELEASE.....

NOT FOR PUBLICATION

ANNOUNCER'S ATTENTION: Today's "Housekeepers' Chat" concludes the regular five-day-a-week schedule for the 1926-27 season. To satisfy the demand for a continuance of the programs during the summer, one program a week will be prepared for broadcasting during June and July. These releases will be sent only to the stations requesting this special service.

Announcers who have not been following the text of the programs closely may want to make some changes in today's "Chat."

---ooOoo---

I have a "last day of school" feeling this morning. There are a few final duties to attend to, a few announcements to make, and then we'll say goodbye for a while.

Here is a question which arrived last night, special delivery: "Dear Aunt Sammy: I hope you will get this in time to answer it by radio. I am only an amateur housekeeper, without much experience in cooking. My mother-in-law has suggested that I help her can fruit, and make jelly, this summer. She doesn't realize how little I know about cooking, and I'd like to learn a few things before we begin work. You may not believe it, but I do not even know what fruits are used for making jelly. My husband's mother is a wonderful cook. Her currant jelly has taken the prize at our county fair for six or seven years. If you can give me any information, it will be much appreciated."

This letter arrived just in the nick of time, to receive an answer by radio. I am sending you printed information on canning and jelly-making, because if you have never worked with fruits and vegetables, you will probably need directions which you can read two or three times.

Here's an idea which may appeal to you. You say your mother-in-law is a wonderful cook, and that her currant jelly takes prizes at the fair. Well, the Recipe Specialist in the Bureau of Home Economics is also a wonderful cook. I don't know whether she has ever entered her jelly at fairs or not, but if she has, I wager it carried off all the prizes. I told her about your problem, and asked her to give me her own tested recipe for currant jelly.

Here's the recipe, and if you will take your pencils, I will read it. Everybody ready? One moment, please, while Mrs. Brown finds a pencil. (Seems as if one never can find a pencil around this house. The children are always taking them to school.) Here's one, on the window sill. Now we are ready, for the Currant Jelly Recipe: (Read slowly)

[illegible]

[illegible] Today's [illegible] conclude the regular [illegible] for the [illegible] the [illegible] programs during the [illegible] [illegible] [illegible]

Select firm fruit, wash it thoroughly, and remove the leaves but not the stems. Crush the fruit to start the juice, and then heat it quickly. Cook, stirring constantly, from five to eight minutes, until the skins of the fruit are white. Strain through a thick cloth, or three or four thicknesses of cheesecloth. Do not squeeze the bag, but press lightly, to start the flow of juice as it cools. To each cup of currant juice add one and one-fourth cups of sugar. Stir until the sugar is dissolved, then bring quickly to the boiling point, in a pan large enough to allow the quantity of juice used to boil rapidly. Currants have so much pectin that as a rule just boiling up once will give the jelly test, that is, the juice will sheet from the spoon. Remove the juice from the fire as soon as the jelly tests. Have ready hot sterilized jelly glasses and after removing the scum pour the jelly carefully into the glasses, taking care that the jelly does not drop on the inside of the glass, near the top. Cover the glasses with cheesecloth. When the jelly has set, cover with paraffin, rotating the glass so that a rim of the paraffin reaches the top of the glass. When this layer has hardened, pour over it another layer of paraffin. Cover with the jelly glass tops or with paper. Label and store in a cool place.

The second question was included in a letter from a radio friend in Portland, Maine.

"I have a question" she writes, "about Billy, the six-year-old boy you mention in your Chats. He seems like a real boy. Is he, Aunt Sammy? Anyway, best regards to you and your family, whether fictitious or real."

I've been anticipating this question for some time. I read the letter to my family-- Uncle Ebenezer, my Next-Door Neighbor, Fred, and Billy.

"Well, well," said Uncle Ebenezer, "that's a joke on you, Aunt Sammy, To hold us up as horrible examples___broadcast our faults and our foibles all year___ and then have some one suspect you of writing fiction!"

"Send her a picture of me on my speed bike," offered Billy. "Then she'll <u>know I'm real</u>."

"Aw Billy," said Fred, "Nobody wants a picture of <u>you</u>, send her one of me!"

"It seems to me," said my Next-Door Neighbor, trying to avert what promised to be a too-lively discussion. "It seems to me that it was very nice of Aunt Sammy's friend to send us her best regards."

Which it was, and pleased us all, immensely.

Now, before we talk about dinner, there are a few announcements I must make.

First, about the radio cookbooks. Attention, please, everybody. I know that some of you wonder whether you have all the recipes which have been sent out so far. If the last recipe in your cookbook is for <u>Lemon Meringue Pie</u>, you need not worry. If your last recipe is <u>not</u> for Lemon Meringue Pie, wait at least two weeks, and then write directly to me.

Late in the summer, just as soon as we can get them printed, you will receive over a hundred more recipes. There will also be an index, in the summer supplement. So, if you have received the binder, and recipes ending with Lemon Meringue Pie, you may be sure your name is on the mailing list. and that you will receive the rest of the book some time later.

Before we adjourn, I want to introduce by name a few of my special friends in the U. S. Bureau of Home Economics. Because, whether you know it or not, they are also your special friends.

I have mentioned Doctor Louise Stanley, Chief of the Bureau. When you send me questions which are especially difficult to answer, I take them to Doctor Stanley. She has never failed to find a solution for the most complicated of household problems.

Then there is Miss Rowena Schmidt, who has probably written more letters in response to radio questions, during the past eight months, than anybody in the United States. Miss Schmidt is a specialist on child health, and she has been responsible for much of the information about children, in the radio programs.

Sometimes, when both Doctor Stanley and Miss Schmidt were out of the city, important letters arrived which had to be answered immediately. In that case, Miss Ruth O'Brien, Head of the Division of Textiles and Clothing, would lay aside her own work, and answer letters. Questions about interior decorating were referred to Miss Mary Aleen Davis, who would rather decorate a room, and hang curtains, and select furniture, than eat pink ice cream. Questions about sewing were answered by Miss Maude Campbell, who has all kinds of good practical ideas about making dresses. Mrs. Chase G. Woodhouse, the Budget Specialist, supplied the information about making the family income cover the family expenditures, with something left over for rainy days.

There are two people in the Bureau who deserve special mention. Do you remember how often I have referred to the Menu Specialist, and to the Recipe Lady? In real life, the Menu Specialist is Miss Ruth Van Deman. She has planned well-balanced meals for you, and helped me to check every program, so that the information would be as accurate as we could possibly make it.

The other person who deserves special mention is Mrs. Fanny Walker Yeatman. I truly wish you were all personally acquainted with Mrs. Yeatman, the Recipe Lady. She is giving you the benefit of many years of practical experience in cooking. She takes infinite pains with every recipe, to see that all proportions are exact, and mehtods of combining and cooking explained in clear, simple terms. For we know, that although there are thousands of expert cooks among our listeners, there are also women who know very little about cooking.

Besides those I have named, there are many others in the Department of Agriculture who have helped with the radio programs. Outside of the Department of Agriculture, are the hundreds of women who have helped me with their practical suggestions, friendly criticism, and letters of appreciation. I thank you all sincerely, and I hope that next year's "Housekeepers" Chats" will be of even more value than this year's have been.

R.H.C. 5/27/27

Now, if you'll take your pencils, I'll end this program in the usual way, by giving you a Sunday dinner suggested by the Menu Specialist, and a dessert, Strawbery Ice Cream, which has just been tested by the Recipe Lady. This is the menu: Chicken Shortcake; String Beans; Buttered Carrots; and Strawberry Ice Cream.

Chicken shortcake is simply stewed chicken with the bones removed, and the gravy slightly thickened, served on biscuits, just as you would serve strawberry shortcake.

Here's the recipe for the Strawberry Ice Cream-- five ingredients:

2 qts. strawberries
1 pint double cream
2 cups sugar
1/4 teaspoon salt
Lemon juice if desired

Five ingredients, for Strawberry Ice Cream: (Repeat)

Wash and cap the berries. Chop them, ocver with the sugar, and let stand in the refrigerator, for two or three hours. Press the sweetened fruit through a colander. Add the cream which has been shipped, and the salt, and freeze. Use a freezing mixture of one part salt, and four to six parts of ice. Turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the cream stand for an hour or more, to ripen in flavor.

Now let's check the menu, for Sunday dinner: Chicken Shortcake; String Beans; Buttered Carrots; and Strawberry Ice Cream.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE May 30/27

NOT FOR PUBLICATION

ANNOUNCERS' ATTENTION: This is the first of the weekly "Housekeepers' Chats" which will be released for broadcasting during June and July.

ANNOUNCEMENT: The subject of today's Chat is "How to Serve Simple Foods Attractively." Information on garnishing, menu, and recipe, from the U. S. Bureau of Home Economics.

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The past week has been a momentous one for me. I had a birthday anniversary. Among my gifts was a $10 bill, attached to this note: "To Aunt Sammy, with the wish that she spend the money in the most frivolous way she can think of."

A $10 bill which does not have to be spent for groceries, and clothes, and school books, is quite an event in our home, and calls for a family discussion.

"If I had that ten dollars," said Uncle Ebenezer, "I'd buy the set of Charles Dickens, on sale at Brentwood's. Does that appeal to you, Aunt Sammy?

"I am very fond of Dickens," I said, "but--"

"I have it!" announced Fred. "For twenty dollars, I know where you can get a dandy second-hand canoe. If you want to pay half on it, I'll earn the other half, and then when we go on our vacation, in August, we can have a grand time. Don't you like canoeing, Aunt Sammy?"

"Very much," said I, "but--"

"Hey!" exclaimed six-year-old Billy. "I know what! Let's buy a dog! There's a man in the next block who has the cutest little puppies, for $10. If you want one, I'll take all the care of it for you. Wouldn't you like to have a dog, Aunt Sammy?"

"Yes, I like dogs, but--"

"We give you up," said Uncle Ebenezer. "Go, and spend your $10 in the most frivolous way you can think of, but don't say your family didn't try to save you from your folly."

Which I won't.

[illegible]

[illegible] FOR [illegible]

[illegible] is a [illegible] "[illegible]" [illegible] will [illegible] for [illegible] [illegible] [illegible].

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[illegible]

[illegible] has been a [illegible] [illegible] for me. I had a [illegible] [illegible]. [illegible] gifts was a gift bill, attached to this [illegible] [illegible] which that she spend [illegible] in the [illegible] [illegible] [illegible].

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[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], on [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] and [illegible] [illegible]

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H.C. 5/30/27

As soon as lunch was over, I stacked the dishes and hurried to town. For I knew exactly what I wanted to buy with my birthday money. There it was, in the window-- a beautiful rose-colored boudoir lamp. The base is a rose-colored glass dolphin, and the shade is pleated silk, with a frilly double ruffle. On one side of the shade, the pleating has been pulled aside, to resemble theater curtains. The silk curtains reveal two colonial dancers, painted on the pink silk lining, in silhouette.

Does it sound pretty? You should see it, lighted.

I was telling the Menu Specialist about it the other day.

"Do you know, Aunt Sammy," said she. "Rose-colored glass candlesticks, with rose-colored candles in them, would be lovely on a dinner-table. Especially if they were placed on each side of a bowl of pink and white sweetpeas. That would be a charming color scheme for a luncheon, for a bride-to-be. The food should be very dainty, and daintily served, for such a luncheon."

"That reminds me," said I. "I've been meaning all year to ask you to talk about serving food properly, and garnishing it. Wouldn't you like to do that now?"

The Menu Specialist thought a while, and then she began:

"I could write a whole book on the subject of garnishing food, Aunt Sammy. And before I even mentioned the garnishing, I would stress the importance of having food well cooked-- of serving hot foods hot, and cold foods cold. What's more depressing than lukewarm soup, or a salad wilted from the heat?"

"Another point I would emphasize is having foods to be carved, on platters large enough to give the one who carves free play. And I would never place around a roast, foods which will get all messed up during carving, and like as not be pushed off the platter, onto the tablecloth."

"Just what Uncle Ebenezer says," I commented.

"As for garnishes," continued the Menu Specialist. "I would, so far as possible, use the foods I had on hand, as garnishes; or arrange and combine simple foods so that they would garnish themselves. I do not like foods which are over-decorated. I do not like intense colors, or a great deal of artificial coloring. Over-decorating a perfectly good food is like painting the lily. What is it Shakespeare said--

". . . To paint the lily,
To throw a perfume on the violet,
Is wasteful and ridiculous excess."

[illegible]

[illegible] you should see it, lighted.

[illegible]

"[illegible] rose-colored [illegible] rose-colored [illegible] [illegible] [illegible]

"Quite right," I said. "But you must admit that there are women who have a knack of serving the simplest foods so that they are attractive. They don't over-decorate it, either; they seem to know just how to combine foods and colors so that they will tempt the most lagging appetite. Take hot meats and stews for instance. You know there isn't anything especially intriguing about a stew. But I know a woman who is famous for her stews, simply because of the way she serves them. Around the edge of a large hot platter or serving dish, she arranges a border of flaky hot boiled rice, or fluffy hot mashed potatoes, or hot boiled hominy. Then she pours the stew into the center. When she serves stewed or creamed chicken, she always covers the top with hot biscuits split in half, or with rounds of pastry, or with thin rounds of toast, or with dumplings, which have been cooked on top of the stew. If she wants a little touch of color, she uses hard-cooked eggs, sliced or put through the ricer, on the rounds of toast."

"That sounds attractive," agreed the Menu Specialist. "I know another nice way to serve creamed meat. Make patties, of piecrust, baked on inverted muffin pans, and fill these with the creamed meat or fish. If you want a touch of color, place on top of the meat a few freshly cooked green peas, or chopped parsley.

"If you are serving a roast, to be carved at the table, be sure to place it on a hot platter, large enough to allow for carving.

"If serving beef or lamb, and the platter is large enough, you might place around the meat golden brown potatoes, glazed onions, squares of Yorkshire pudding, or other foods which are not easily broken out of shape by carving. I wouldn't put anything on a roast chicken but a few sprigs of parsley, watercress, or celery tops, because the whole platter is needed during the carving, and serving of the stuffing.

"Now take beefsteak, and chops. Around beefsteak may be served fried potatoes, browned mushrooms, or fried tomatoes, or fried onions. Lamb chops are attractive when arranged on a hot platter, around a mound of green peas, or buttered carrots, or lightly piled mashed potatoes. With pork chops, apple rings, or jellied apples colored red, are pretty on the same platter. Or cream gravy may be poured over the chops as they are placed on theplatter. For green garnishes, waterdress, parsley, and celery tops are suitable, but use only enough to give a touch of color. With fried chicken--"

"Wait a minute," I said. "Fried chicken needs no garnish. Serve me fried chicken, early and late, and I ask for no garnish."

"Not a garnish, perhaps," agreed the Menu Specialist. "But if you want your fried chicken dinner to be expecially attractive, you might

"with taste," I said. "Some [illegible] women are women [illegible] a [illegible] of [illegible] in [illegible] that they are attract- [illegible]. They don't over-decorate it, nor do they seem to [illegible] [illegible] to [illegible] the [illegible] and colors so that they will [illegible] the most [illegible] [illegible]. Then [illegible] and [illegible] for [illegible]. You know [illegible] [illegible] [illegible] about [illegible]. [illegible] [illegible] [illegible] simply because of the way the [illegible] [illegible] [illegible] not pinfor or [illegible], one [illegible] [illegible] [illegible], or [illegible] not [illegible], or [illegible] [illegible] [illegible] [illegible] the center. [illegible] [illegible] [illegible] [illegible]

serve fried chicken and corn fritters together. A bit of firm, bright jelly, may be dropped onto each fritter, just before they are sent to the table. The gravy should be served separately, in a bowl, so that it will keep hot."

"A good suggestion," I said. "Now let me tell you how I like to serve cold meats, in the summer time. First, I cut the cold meat into thin slices, and arrange it in neat rows on my best platter. Then I garnish the meat with strips of dill pickle, or with potato chips. Sometimes I use bits of parsley, or watercress, or celery tops. For Sunday suppers, I often serve sliced chicken and cold sliced ham together on a platter, so that a slice of each can be lifted together. That's a tasty combination. Another standby of mine is slices of cold sliced ham, around a potato salad."

"Very nice," agreed the Menu Specialist. "Now let me tell you how to garnish fish. Of course, with fish, whether it is broiled, or fried, or baked, lemon is the favorite accompaniment. Many people, however, consider the slices of lemon simply as decoration, and forget that the tart flavor of lemon juicemakes fish more appetizing. And lemon is one of the best known sources of Vitamin C. Instead of putting the slices of lemon right on the platter, with the fish, where they become greasy, it is a good idea to cut the lemon lengthwise, into six or eight sections, and pass them on a separate plate. Then anyone can squeeze the juice from the lemon, without soiling his fingers. If the sections of lemon are rolled in finely chopped parsley, they look especially pretty, or the parsley may be sprinkled directly on the fish.

"For a cream sauce, on boiled fish, slices of hard-cooked eggs, or a raw egg yolk stirred into the mixture, makes a colorful combination.

"If serving a fish which is not oil itself, and does not contain many small bones-- I mean fish like flounder, haddock, cod, or halibut-- you might serve with it a Hollandaise sauce. Hollandaise sauce, rich yellow in color from the butter and egg yolks in it, adds color, flavor, and food value. Tartar sauce, made with plain mayonnaise combined with chopped dill pickles and minced onion, is another favorite sauce for fish. A crisp green lettuce leaf is often used as the cup for this tasty sauce.

"Speaking of fish," said the Menu Specialist, "I have a good recipe for Fish Mold-- a dish made with gelatin. It is especially good for summer suppers and luncheons. Take your pencil, and I'll give you the recipe-- nine ingredients:

2 eggs
1/4 cup water
1/4 cup vinegar
1 teaspoon salt
1/2 teaspoon celery seed
1/2 teaspoon sugar
2 tablespoons gelatin
1/2 cup cold water
2 cups minced fish

Nine ingredients. Let's check them: (Repeat)

Beat the eggs. Add the seasoning, the vinegar, and water, and cook over boiling water until thickened. Soften the gelatin in cold water, and add to the hot dressing. Then add the fish. Place in individual cups or one large mold, and let stand in a cold place, until firmly set. Serve on crisp lettuce and mayonnaise.

"With the fish mold, sliced tomatoes and cucumbers would be appetizing, and hot graham muffins and butter. Unless you want a special dessert, you might serve jam or honey with the muffins, as a last course. That takes the place of dessert."

"So it does," I said, "and is less work to prepare."

Now let's repeat the menu, which is suitable for either a luncheon or a supper, in the warm weather: Fish Mold; Sliced Tomatoes and Cucumbers; Hot Graham Muffins and Butter, with Jam or Honey.

That's all, till next week, and I promise to have something good for you then.